



New Potatoes in Creamy Dill Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



35 kcal

SIDE DISH

Ingredients

- 0.5 cup philadelphia chive & onion cream cheese spread
- 0.5 tsp dill weed
- 0.5 cup milk
- 1.5 lb new potatoes quartered (22)
- 0.5 cup water

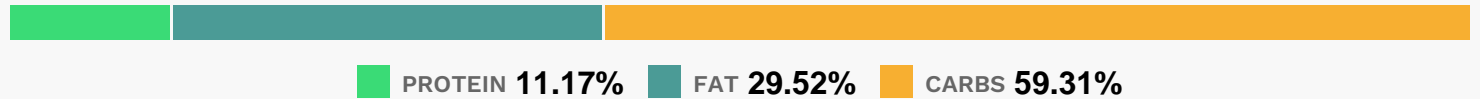
Equipment

- bowl
- microwave

Directions

- Microwave potatoes and water in covered 3-qt. microwaveable dish on HIGH 15 to 17 min. or until potatoes are tender, stirring after 10 min.; drain. Return potatoes to dish; set aside.
- Microwave cream cheese and milk in microwaveable bowl 1 min.; stir until smooth.
- Pour over potatoes; sprinkle with dill.
- Microwave 1 to 2 min. or until heated through; stir gently.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:3.57, Inflammation Score:-1, Nutrition Score:1.5621739093862%

Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 35.14kcal (1.76%), Fat: 1.16g (1.79%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.67g (1.7%), Sugar: 0.59g (0.65%), Cholesterol: 3.4mg (1.13%), Sodium: 24.79mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 5.36mg (6.5%), Vitamin B6: 0.08mg (4.16%), Potassium: 121.91mg (3.48%), Fiber: 0.6g (2.4%), Manganese: 0.04mg (2.09%), Phosphorus: 20.44mg (2.04%), Magnesium: 6.89mg (1.72%), Vitamin B1: 0.02mg (1.63%), Copper: 0.03mg (1.51%), Calcium: 14.86mg (1.49%), Vitamin B3: 0.29mg (1.46%), Iron: 0.21mg (1.18%), Folate: 4.36µg (1.09%), Vitamin A: 51.73IU (1.03%)