



New Potatoes in Dill Cream Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



94 kcal

SIDE DISH

Ingredients

- 8 oz philadelphia chive & onion cream cheese spread
- 3 Tbsp optional: dill fresh chopped
- 1 bell pepper green chopped
- 0.3 cup milk
- 2.5 lb new potatoes quartered (35)

Equipment

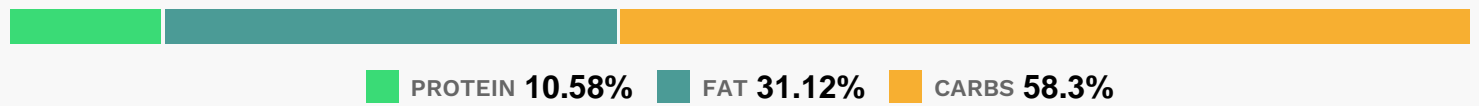
- bowl
- sauce pan

microwave

Directions

- Cook potatoes in boiling water in saucepan on medium heat 15 min. or until potatoes are tender; drain.
- Meanwhile, microwave cream cheese spread, milk and peppers in large microwaveable bowl on HIGH 40 to 50 sec. or until cream cheese spread is melted when stirred. Stir in dill until well blended.
- Add potatoes; toss to coat.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:9.15, Inflammation Score:-3, Nutrition Score:4.3591303987348%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 93.53kcal (4.68%), Fat: 3.27g (5.03%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 12.1g (4.4%), Sugar: 1.35g (1.5%), Cholesterol: 9.25mg (3.08%), Sodium: 71.74mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 20.01mg (24.25%), Vitamin B6: 0.23mg (11.41%), Potassium: 317.67mg (9.08%), Fiber: 1.69g (6.75%), Manganese: 0.12mg (5.93%), Phosphorus: 45.79mg (4.58%), Magnesium: 17.54mg (4.39%), Vitamin B1: 0.06mg (4.21%), Copper: 0.08mg (4.08%), Vitamin B3: 0.79mg (3.94%), Vitamin A: 175.56IU (3.51%), Iron: 0.58mg (3.24%), Calcium: 31.1mg (3.11%), Folate: 12.2µg (3.05%), Vitamin B5: 0.23mg (2.32%), Vitamin K: 1.91µg (1.82%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.23mg (1.54%)