



## PHILADELPHIA Potato Salad with Celery

 **Gluten Free**  **Popular**

READY IN



90 min.

SERVINGS



16

CALORIES



135 kcal

SIDE DISH

### Ingredients

- 2 stalks celery sliced
- 1.5 cups cherry tomatoes halved
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 3 lb new potatoes red quartered
- 0.3 cup parmesan cheese shredded kraft
- 0.5 cup water

8 oz philadelphia

## Equipment

bowl

microwave

## Directions

Place potatoes in 2-qt. microwaveable dish.

Add water; cover with lid. Microwave on HIGH 12 to 15 min. or just until potatoes are tender; drain.

Place in large bowl.

Add dressing; toss to coat.

Refrigerate 1 hour or until completely cooled.

Mix reduced-fat cream cheese, milk and seasoning until blended.

Add to potatoes; mix lightly. Stir in remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:13.3, Glycemic Load:11.16, Inflammation Score:-4, Nutrition Score:6.293043455352%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 135.2kcal (6.76%), Fat: 6.23g (9.58%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 14.97g (5.44%), Sugar: 2.12g (2.36%), Cholesterol: 15.6mg (5.2%), Sodium: 117.8mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin C: 20.12mg (24.38%), Vitamin B6: 0.28mg (14.09%), Potassium: 431.49mg (12.33%), Fiber: 2.18g (8.73%), Manganese: 0.17mg (8.43%), Phosphorus: 82.51mg (8.25%), Vitamin K: 7.8µg (7.43%), Magnesium: 24.66mg (6.16%), Vitamin A: 304.7IU (6.09%), Copper: 0.11mg (5.55%), Calcium: 53.99mg (5.4%), Vitamin B1: 0.08mg (5.35%), Vitamin B3: 1.03mg (5.13%), Iron: 0.92mg (5.12%),

Folate: 19.35µg (4.84%), Vitamin B2: 0.08mg (4.42%), Vitamin B5: 0.38mg (3.8%), Selenium: 2.04µg (2.91%), Zinc: 0.41mg (2.71%), Vitamin E: 0.36mg (2.43%)