



Potato Salad with Dill and Dijon



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

Ingredients

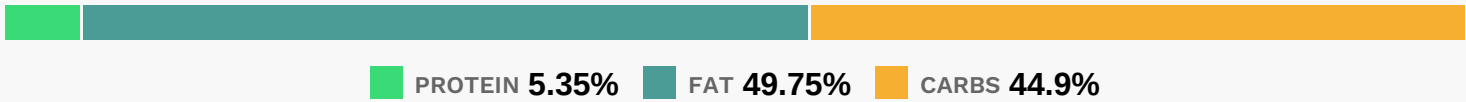
- ☐ 0.3 tsp pepper black to taste ()
- ☐ 0.3 cup optional: dill fresh minced
- ☐ 0.5 cup mayonnaise
- ☐ 2 lbs baby potatoes red peeled quartered
- ☐ 0.5 tsp salt to taste ()
- ☐ 1 tbsp sugar
- ☐ 1.5 tbsp vinegar
- ☐ 1 tbsp coarse mustard whole

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Potato Salad with Dill and Dijon
- ☐ Ingredients2 lbs red new potatoes, peeled and quartered1/2 cup mayonnaise1/3 cup minced fresh dill1 1/2 tbsp vinegar1 tbsp whole grain Dijon mustard1 tbsp sugar1/2 tsp salt (or more to taste)1/4 tsp black pepper (or more to taste)Sprig of fresh dill to garnish (optional)
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:83.21, Glycemic Load:31.24, Inflammation Score:-6, Nutrition Score:14.819565200287%

Flavonoids

Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 381.87kcal (19.09%), Fat: 21.33g (32.82%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 38.06g (13.84%), Sugar: 4.98g (5.53%), Cholesterol: 11.76mg (3.92%), Sodium: 525.9mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin C: 48.02mg (58.21%), Vitamin K: 50.21µg (47.82%), Vitamin B6: 0.68mg (34.07%), Potassium: 996.84mg (28.48%), Manganese: 0.43mg (21.7%), Fiber: 5.26g (21.06%), Phosphorus: 142.21mg (14.22%), Magnesium: 56.67mg (14.17%), Copper: 0.26mg (13.06%), Vitamin B1: 0.19mg (12.92%), Vitamin B3: 2.47mg (12.37%), Iron: 2.16mg (12.02%), Folate: 43.85µg (10.96%), Vitamin B5: 0.75mg (7.48%), Vitamin A: 328.37IU (6.57%), Vitamin E: 0.96mg (6.37%), Vitamin B2: 0.09mg (5.46%), Zinc: 0.76mg (5.08%), Calcium: 41.06mg (4.11%), Selenium: 2.65µg (3.79%)