



Potato Salad with Parsley and Chives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon peppercorns black freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup peas green frozen thawed

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1.5 pounds yukon gold potatoes cubed

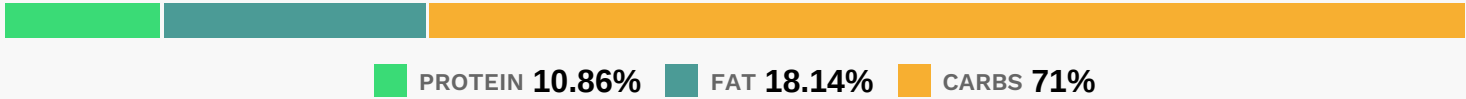
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To prepare the dressing, combine the first 6 ingredients in a small bowl.
- ☐ To prepare the salad, place potato in a saucepan, and cover with water. Bring to a boil, reduce heat, and simmer 9 minutes or until tender.
- ☐ Drain and cool.
- ☐ Combine the dressing, potato, celery, parsley, peas, and chives in a large bowl, and toss well.

Nutrition Facts



Properties

Glycemic Index:53.82, Glycemic Load:17.8, Inflammation Score:-6, Nutrition Score:13.11173915118%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.91mg, Apigenin: 8.91mg, Apigenin: 8.91mg, Apigenin: 8.91mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 158.63kcal (7.93%), Fat: 3.27g (5.03%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 25.02g (9.1%), Sugar: 2.2g (2.44%), Cholesterol: 4.57mg (1.52%), Sodium: 279.07mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin K: 83.43µg (79.46%), Vitamin C: 37.66mg

(45.65%), Vitamin B6: 0.43mg (21.67%), Potassium: 671.48mg (19.19%), Fiber: 3.79g (15.15%), Manganese: 0.28mg (13.97%), Phosphorus: 117mg (11.7%), Vitamin A: 582.8IU (11.66%), Folate: 40.75µg (10.19%), Magnesium: 40.09mg (10.02%), Vitamin B1: 0.14mg (9.48%), Copper: 0.18mg (8.96%), Vitamin B3: 1.7mg (8.49%), Iron: 1.51mg (8.37%), Calcium: 63.01mg (6.3%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.48mg (4.76%), Zinc: 0.71mg (4.71%), Selenium: 2.21µg (3.16%), Vitamin E: 0.35mg (2.3%), Vitamin B12: 0.06µg (1.02%)