



Ranch Potato Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



830 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 2 cups celery stalks finely chopped
- ☐ 3 tablespoons chives minced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 40 potatoes - remove skin red scrubbed halved quartered (3 lb. total)
- ☐ 8 servings salt and pepper

☐ 1 tablespoon citrus champagne vinegar

Equipment

☐ bowl

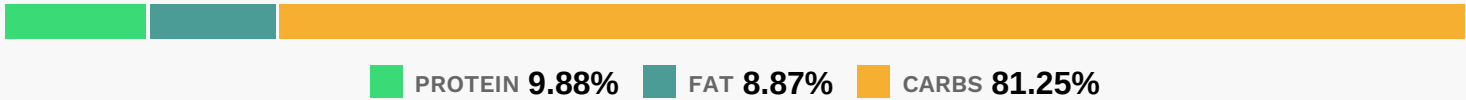
☐ whisk

☐ pot

Directions

- ☐ Place potatoes in a large pot of cold salted water. Bring to a boil over high heat. Reduce heat to medium and simmer until potatoes are soft but not mushy, 15 to 20 minutes. Do not overcook.
- ☐ In a large bowl, whisk mayonnaise, buttermilk, garlic, parsley, chives and vinegar. Season generously with salt and pepper.
- ☐ Drain potatoes well and let cool for 10 minutes.
- ☐ Add potatoes and celery to bowl and gently toss with dressing. Season with salt and pepper and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:45.985651980276%

Flavonoids

Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 829.87kcal (41.49%), Fat: 8.43g (12.98%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 173.92g (57.97%), Net Carbohydrates: 155.32g (56.48%), Sugar: 16.09g (17.87%), Cholesterol: 6.68mg (2.23%), Sodium: 659.34mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.31%), Potassium: 4961mg (141.74%), Vitamin

C: 95.15mg (115.33%), Vitamin B6: 1.84mg (92.22%), Manganese: 1.54mg (77.23%), Vitamin K: 80.38µg (76.55%), Fiber: 18.59g (74.38%), Copper: 1.45mg (72.59%), Phosphorus: 679.16mg (67.92%), Vitamin B3: 12.37mg (61.84%), Magnesium: 241.03mg (60.26%), Vitamin B1: 0.88mg (58.83%), Folate: 206.38µg (51.6%), Iron: 8mg (44.43%), Vitamin B5: 3.14mg (31.38%), Zinc: 3.67mg (24.47%), Vitamin B2: 0.38mg (22.48%), Calcium: 145.3mg (14.53%), Selenium: 6.96µg (9.94%), Vitamin A: 415.89IU (8.32%), Vitamin E: 0.82mg (5.44%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.53%)