



Red Potato Salad with Sour Cream and Chives

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



186 kcal

SIDE DISH

Ingredients

- 0.3 cup chives fresh finely chopped
- 10 servings pepper black to taste
- 0.5 cup yogurt plain
- 6 large potatoes - remove skin red
- 1 teaspoon salt
- 0.5 cup cream sour

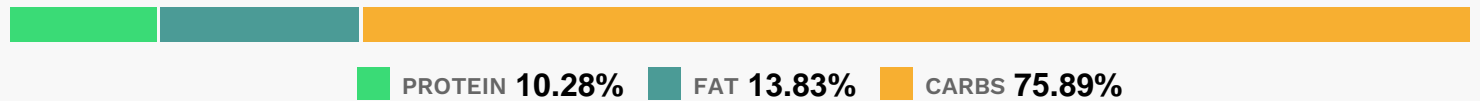
Equipment

- bowl

Directions

- Scrub potatoes (don't peel). If large, cut in half or in quarters. Boil potatoes in their skins until fork-tender.
- Drain, dry and cut into 1/2 inch cubes.
- In a salad bowl, combine the potatoes, sour cream, yogurt, and chives; toss gently to coat.
- Add salt, and pepper to taste; refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:10.154782521336%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 185.77kcal (9.29%), Fat: 2.95g (4.54%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 32.6g (11.85%), Sugar: 3.84g (4.26%), Cholesterol: 8.38mg (2.79%), Sodium: 281.65mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Potassium: 1045.07mg (29.86%), Vitamin C: 19.79mg (23.98%), Vitamin B6: 0.39mg (19.33%), Manganese: 0.33mg (16.55%), Phosphorus: 156.17mg (15.62%), Fiber: 3.81g (15.26%), Copper: 0.3mg (15.15%), Magnesium: 51.92mg (12.98%), Vitamin B3: 2.57mg (12.86%), Vitamin B1: 0.19mg (12.4%), Folate: 42.47µg (10.62%), Iron: 1.66mg (9.21%), Vitamin K: 8.91µg (8.49%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.11mg (6.28%), Zinc: 0.85mg (5.65%), Calcium: 50.08mg (5.01%), Vitamin A: 143.35IU (2.87%), Selenium: 1.82µg (2.6%), Vitamin B12: 0.07µg (1.16%)