



Sour Cream-Dill Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber diced english
- ☐ 0.8 pound fingerling potatoes
- ☐ 1.5 teaspoons optional: dill fresh chopped
- ☐ 1.5 tablespoons greek yogurt plain fat-free
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat

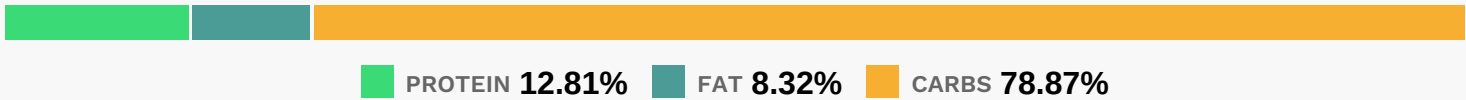
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place a saucepan filled two-thirds with water over high heat.
- ☐ Cut potatoes into 1-inch pieces.
- ☐ Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender.
- ☐ Drain.
- ☐ Combine cucumber, sour cream, yogurt, dill, salt, and pepper in a large bowl.
- ☐ Add drained potatoes to cucumber mixture, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:21.79, Glycemic Load:7.26, Inflammation Score:-1, Nutrition Score:3.3186956412442%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 52.91kcal (2.65%), Fat: 0.5g (0.77%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.38g (3.41%), Sugar: 0.72g (0.8%), Cholesterol: 1.59mg (0.53%), Sodium: 105.17mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin C: 11.47mg (13.9%), Vitamin B6: 0.17mg (8.71%), Potassium: 266.52mg (7.61%), Manganese: 0.11mg (5.26%), Fiber: 1.31g (5.25%), Phosphorus: 42.49mg (4.25%), Magnesium: 15.14mg (3.78%), Copper: 0.07mg (3.36%), Vitamin B1: 0.05mg (3.35%), Vitamin B3: 0.62mg (3.09%), Iron: 0.48mg (2.68%), Folate: 10.43µg (2.61%), Vitamin K: 2.65µg (2.53%), Vitamin B2: 0.04mg (2.15%), Vitamin B5: 0.2mg (2.04%), Calcium: 18.47mg (1.85%), Zinc: 0.22mg (1.49%)