



Southern Dill Potato Salad



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple cider vinegar to taste
- ☐ 1 stalk celery finely chopped
- ☐ 1 teaspoon celery salt
- ☐ 1 tablespoon dijon mustard to taste
- ☐ 1 tablespoon dill weed dried
- ☐ 5 hardboiled eggs roughly chopped
- ☐ 0.8 cup mayonnaise
- ☐ 10 potatoes red unpeeled

- ☐ 8 servings salt and pepper black to taste
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.5 onion white finely chopped

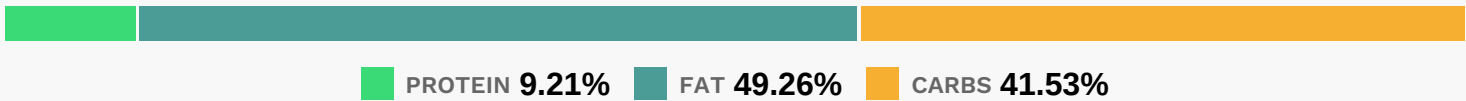
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the potatoes in a large pot, cover them with water, and bring to a boil over high heat. Reduce the heat to medium-low, and simmer until the potatoes are cooked through but still firm, about 20 minutes.
- ☐ Remove from the water, let cool, and cut the potatoes into chunks. Set the potatoes aside.
- ☐ In a bowl, stir together the sour cream, mayonnaise, apple cider vinegar, Dijon mustard, onion, celery, celery salt, and salt and pepper until well mixed.
- ☐ Place the potatoes and eggs in a large salad bowl, and sprinkle with dried dill.
- ☐ Pour the dressing over the potatoes and eggs, and mix lightly. Cover and refrigerate the salad for at least 30 minutes.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:17.04739118659%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 426.24kcal (21.31%), Fat: 23.67g (36.42%), Saturated Fat: 5.76g (36%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 40.06g (14.57%), Sugar: 5.03g (5.59%), Cholesterol: 138.1mg (46.03%), Sodium: 736.96mg (32.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.91%), Vitamin K: 43.89µg (41.8%), Potassium: 1321.69mg (37.76%), Vitamin C: 23.95mg (29.03%), Vitamin B6: 0.52mg (26.03%), Phosphorus: 244.37mg (24.44%), Manganese: 0.43mg (21.5%), Fiber: 4.85g (19.42%), Copper: 0.38mg (18.84%), Selenium: 12.93µg (18.47%), Vitamin B2: 0.29mg (17.06%), Magnesium: 68mg (17%), Folate: 67.26µg (16.81%), Vitamin B1: 0.25mg (16.8%), Vitamin B3: 3.14mg (15.72%), Iron: 2.62mg (14.55%), Vitamin B5: 1.31mg (13.15%), Zinc: 1.35mg (9.03%), Calcium: 77.59mg (7.76%), Vitamin E: 1.14mg (7.6%), Vitamin A: 374.98IU (7.5%), Vitamin B12: 0.42µg (6.96%), Vitamin D: 0.73µg (4.86%)