



Tangy Goat Cheese and Dill Potato Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup optional: dill finely chopped
- ☐ 2 dill pickles chopped
- ☐ 1 small clove garlic minced finely grated
- ☐ 0.5 cup goat cheese crumbles
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 radishes thinly sliced

- ☐ 6 servings salt
- ☐ 4 scallions finely chopped
- ☐ 0.3 cup white wine
- ☐ 1 cup yogurt sour
- ☐ 2.5 pounds yukon gold potatoes diced

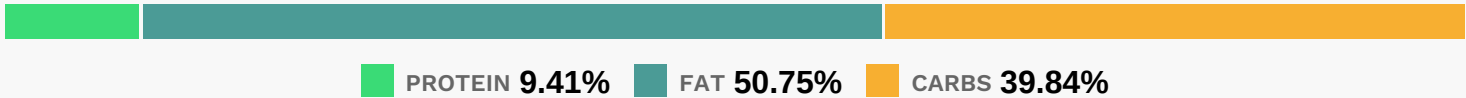
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cover the potatoes with water and bring to a boil. Salt the water and cook until tender, about 10 minutes.
- ☐ When the potatoes are cooked, return them to the hot pot and douse with a splash of wine or a couple tablespoons of white wine vinegar.
- ☐ In a bowl, whisk together the goat cheese, yogurt, creme fraiche or sour cream, lemon juice, olive oil, and garlic. Toss the potatoes, dill and scallions in the dressing and season with salt and pepper.
- ☐ Garnish the salad with chopped pickles and thinly sliced radishes and serve.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:24.38, Inflammation Score:-7, Nutrition Score:15.19130427941%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 361.34kcal (18.07%), Fat: 20.75g (31.92%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 31.92g (11.61%), Sugar: 3.59g (3.99%), Cholesterol: 31.32mg (10.44%), Sodium: 466.34mg (20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Vitamin C: 43.74mg (53.01%), Vitamin B6: 0.65mg (32.36%), Vitamin K: 30.33µg (28.89%), Potassium: 928.02mg (26.51%), Phosphorus: 195.66mg (19.57%), Manganese: 0.39mg (19.43%), Fiber: 4.72g (18.87%), Copper: 0.37mg (18.54%), Vitamin A: 709.64IU (14.19%), Magnesium: 55.79mg (13.95%), Vitamin B2: 0.22mg (13.17%), Iron: 2.29mg (12.7%), Vitamin B1: 0.19mg (12.7%), Folate: 46.3µg (11.57%), Calcium: 112.54mg (11.25%), Vitamin B3: 2.22mg (11.11%), Vitamin E: 1.57mg (10.49%), Vitamin B5: 0.86mg (8.57%), Zinc: 0.94mg (6.28%), Selenium: 2.66µg (3.8%), Vitamin B12: 0.12µg (1.94%)