



 **23%**
HEALTH SCORE

Two-Potato Salad with Crème Fraîche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup crème fraîche
- 0.3 cup chives fresh chopped
- 1.5 pounds potatoes - remove skin red halved
- 0.8 teaspoon salt
- 1.5 pounds sweet potatoes and into peeled cut into 1-inch pieces
- 3 tablespoons vinegar white

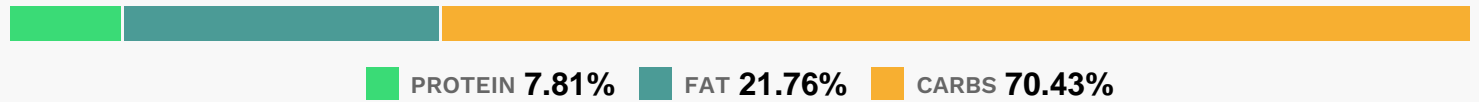
Equipment

- bowl
- whisk
- dutch oven

Directions

- Place potatoes in a large Dutch oven; cover with water. Bring to a boil; reduce heat, and simmer 18 minutes or until tender.
- Drain.
- Place potatoes in a large bowl.
- Drizzle with vinegar; toss gently to coat.
- Let cool to room temperature.
- Combine crme frache and remaining ingredients, stirring with a whisk.
- Add to potatoes, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:8.46, Inflammation Score:-10, Nutrition Score:12.453478232674%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 176.98kcal (8.85%), Fat: 4.36g (6.7%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 27.69g (10.07%), Sugar: 5.41g (6.01%), Cholesterol: 12.72mg (4.24%), Sodium: 286.95mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin A: 12260.88IU (245.22%), Potassium: 705.23mg (20.15%), Manganese: 0.36mg (17.91%), Vitamin B6: 0.33mg (16.65%), Fiber: 4.04g (16.18%), Copper: 0.25mg (12.48%), Vitamin C: 10.28mg (12.46%), Phosphorus: 109.3mg (10.93%), Magnesium: 42.83mg (10.71%), Vitamin B5: 1mg (9.95%), Vitamin B1: 0.14mg (9.37%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.12mg (6.82%),

Folate: 27.28µg (6.82%), Vitamin K: 7.09µg (6.75%), Iron: 1.18mg (6.58%), Calcium: 57.72mg (5.77%), Zinc: 0.62mg (4.1%), Selenium: 1.78µg (2.54%), Vitamin E: 0.31mg (2.1%)