



WHATSheATE



HEALTH SCORE

51%

Two-Potato Salad with Dill Dressing



Vegetarian



Gluten Free

READY IN



285 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients



0.5 cup yogurt plain yoplait®



1 tablespoon mayonnaise fat-free



1 teaspoon dill dried fresh chopped



1 teaspoon dijon mustard



0.3 teaspoon salt



2 cups potatoes white cubed cooked



2 cups sweet potatoes and into cubed cooked



0.3 cup celery chopped

- ☐ 0.3 cup radishes sliced
- ☐ 2 tablespoons spring onion chopped

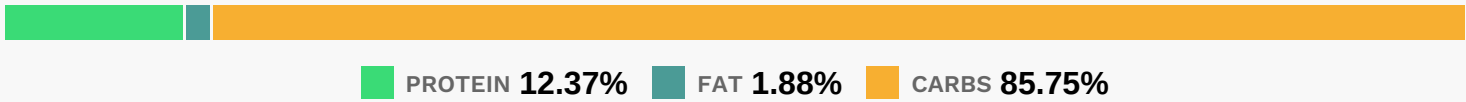
Equipment

- ☐ bowl

Directions

- ☐ In large glass or plastic bowl, mix yogurt, mayonnaise, dill weed, mustard and salt.
- ☐ Add all remaining ingredients; toss.
- ☐ Cover and refrigerate about 4 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:67.44, Glycemic Load:21.86, Inflammation Score:-10, Nutrition Score:15.675217369328%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 173.06kcal (8.65%), Fat: 0.37g (0.57%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 32.78g (11.92%), Sugar: 6.75g (7.5%), Cholesterol: 0.93mg (0.31%), Sodium: 264.49mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin A: 9522.59IU (190.45%), Vitamin C: 27.2mg (32.97%), Vitamin B6: 0.52mg (26.13%), Potassium: 859.16mg (24.55%), Fiber: 5.08g (20.32%), Manganese: 0.39mg (19.44%), Phosphorus: 154.23mg (15.42%), Magnesium: 53.7mg (13.43%), Vitamin K: 13.16µg (12.53%), Copper: 0.24mg (12.24%), Vitamin B1: 0.17mg (11.26%), Vitamin B5: 1.12mg (11.17%), Calcium: 107.98mg (10.8%), Vitamin B2: 0.16mg (9.54%), Folate: 36.77µg (9.19%), Iron: 1.59mg (8.83%), Vitamin B3: 1.73mg (8.65%), Zinc: 0.9mg (6.01%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.19µg (3.11%), Vitamin E: 0.23mg (1.53%)