



Zesty New Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



25

CALORIES



42 kcal

SIDE DISH

Ingredients

- 0.1 tsp pepper black
- 2 green onions sliced
- 2 tsp honey
- 4 tsp grey poupon savory honey mustard
- 0.5 cup miracle whip dressing light kraft
- 2 lb new potatoes quartered

Equipment

- bowl

sauce pan

Directions

- Cook potatoes in boiling water in saucepan 20 min. or until tender; drain.
- Mix remaining ingredients in large bowl.
- Add potatoes; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:4.9, Inflammation Score:-1, Nutrition Score:2.0886956660644%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 42.24kcal (2.11%), Fat: 1.03g (1.58%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.78g (2.47%), Sugar: 1.08g (1.21%), Cholesterol: 0.72mg (0.24%), Sodium: 43.4mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 7.33mg (8.89%), Vitamin B6: 0.11mg (5.39%), Vitamin K: 5.1µg (4.86%), Potassium: 157.23mg (4.49%), Fiber: 0.83g (3.31%), Manganese: 0.06mg (2.95%), Phosphorus: 21.75mg (2.17%), Magnesium: 8.66mg (2.16%), Copper: 0.04mg (2.06%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.39mg (1.94%), Iron: 0.31mg (1.7%), Folate: 6.61µg (1.65%), Vitamin B5: 0.11mg (1.11%)