

Herbed Potato Salad II

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Servings: 8

2 1/2 pounds small Yukon Gold potatoes

salt and pepper

1/3 cup chopped fresh parsley

6 scallions, thinly sliced

1/4 cup mayonnaise

2/3 cup low-fat plain yogurt

2 tablespoons lemon juice

In a medium pot, bring the potatoes to a boil in salted water over high. Reduce to a simmer and cook until tender when pierced with a knife, about 15 minutes. Drain and let cool briefly.

Halve the potatoes (quarter, if large) and add to a large bowl along with parsley, scallions, mayonnaise, yogurt and lemon juice. Toss and season with salt and pepper.

To store, cover and refrigerate for up to eight hours.

Per Serving (excluding unknown items): 55 Calories; 6g Fat (88.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 42mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Fat.

Side Dish

Per Serving Nutritional Analysis

Calories (kcal):	55
% Calories from Fat:	88.8%
% Calories from Carbohydrates:	8.8%
% Calories from Protein:	2.5%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	2mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	42mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 52mg
Calcium (mg): 13mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 192IU
Vitamin A (r.e.): 21RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 55 Calories from Fat: 49

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	4%
Cholesterol	2mg	1%
Sodium	42mg	2%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	2%
Protein	trace	

Vitamin A	4%
Vitamin C	12%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.