

Herbed Potato Salad

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Servings: 10

Yield: 6 cups

12 small to medium red creamer
potatoes, new potatoes or Yukon
Gold

5 hard-cooked eggs, chopped

1 small white onion, diced

2/3 cup mayonnaise

2 tablespoons Dijon mustard

1/2 cup fresh basil, chopped

1/2 cup chives, chopped

1/2 cup flat-leaf parsley, chopped

2 sprigs fresh thyme, chopped

1/2 teaspoon salt

fresh ground black pepper

Place the potatoes in a pan of cold water to cover. Bring to a boil. Cook for 30 minutes or until just tender. Drain. Let cool and peel (the skins will rub off easily).

Chop the potatoes and place in a bowl.

Add the remaining ingredients. Stir gently.

Per Serving (excluding unknown items): 151 Calories; 15g Fat (86.4% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 111mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dish

Per Serving Nutritional Analysis

Calories (kcal):		Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	18mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	111mg	% Daily Value*	on on%

Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	258mg
Potassium (mg):	75mg
Calcium (mg):	27mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	375IU
Vitamin A (r.e.):	69 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	Calories from Fat: 130
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% Daily Values*

Total Fat 15g	23%
Saturated Fat 3g	13%
Cholesterol 111mg	37%
Sodium 258mg	11%
Total Carbohydrates 2g	1%
Dietary Fiber trace	2%
Protein 4g	

Vitamin A	7%
Vitamin C	5%
Calcium	3%
Iron	3%

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