



American Classic Potato Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



30

CALORIES



73 kcal

SIDE DISH

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup chives fresh chopped
- 0.8 cup real mayo mayonnaise kraft
- 6 cups potatoes red unpeeled quartered

Equipment

- bowl
- sauce pan

Directions

- Cook potatoes in boiling water in saucepan 15 min. or until tender; drain.
- Mix mayo and mustard in large bowl.
- Add potatoes, bacon and chives; mix lightly.
- Refrigerate at least 1 hour.

Nutrition Facts

PROTEIN 6.03% **FAT 80.2%** **CARBS 13.77%**

Properties

Glycemic Index:4.23, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5730434636707%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 73.45kcal (3.67%), Fat: 6.56g (10.09%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.24g (0.27%), Cholesterol: 6.22mg (2.07%), Sodium: 82.61mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin K: 10.28µg (9.79%), Potassium: 82.72mg (2.36%), Selenium: 1.56µg (2.22%), Vitamin B6: 0.04mg (2.12%), Vitamin B3: 0.41mg (2.07%), Vitamin B1: 0.03mg (2.01%), Phosphorus: 19.51mg (1.95%), Vitamin C: 1.49mg (1.8%), Vitamin E: 0.21mg (1.42%), Manganese: 0.03mg (1.28%), Copper: 0.02mg (1.23%), Fiber: 0.28g (1.14%), Magnesium: 4.44mg (1.11%)