



WHATSheATE



Authentic German Potato Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 bacon strips (can use vegan bacon, if desired)
- ☐ 0.5 cup celery diced
- ☐ 2 tablespoons cornstarch
- ☐ 4 medium idaho potatoes
- ☐ 1 onion diced spanish
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

☐ 1 cup water

Equipment

☐ frying pan

☐ paper towels

Directions

☐ Boil the potatoes with the skins on. While those are cooking, fry the bacon in a large skillet until crisp and remove to paper towels to drain. Peel the cooked potatoes (see post above for more detailed instructions), and thinly slice. In the bacon drippings, brown the onion and celery. Stir in sugar, cornstarch and salt, followed by the water and vinegar. Cook, while stirring, as it thickens. As the sauce thickens, stir in the sliced potatoes, and add more water, if needed.

☐ Transfer to a dish and serve while still hot.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:23.44, Inflammation Score:-3, Nutrition Score:7.2869565558174%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 179.62kcal (8.98%), Fat: 3.07g (4.72%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 31.94g (11.61%), Sugar: 5.82g (6.46%), Cholesterol: 4.84mg (1.61%), Sodium: 259.82mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B6: 0.54mg (26.88%), Potassium: 665.2mg (19.01%), Manganese: 0.29mg (14.56%), Vitamin C: 9.71mg (11.77%), Vitamin B1: 0.15mg (9.79%), Phosphorus: 97.41mg (9.74%), Magnesium: 37.44mg (9.36%), Fiber: 2.32g (9.27%), Vitamin B3: 1.81mg (9.06%), Copper: 0.17mg (8.43%), Iron: 1.35mg (7.5%), Folate: 26.39µg (6.6%), Vitamin B5: 0.51mg (5.11%), Vitamin K: 5.1µg (4.85%), Vitamin B2: 0.06mg (3.72%), Zinc: 0.55mg (3.68%), Selenium: 2.28µg (3.26%), Calcium: 28.74mg (2.87%)