



## Baby Potatoes with Warm Bacon Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

### Ingredients

- 1 pound baby potatoes quartered
- 1 teaspoon brown sugar
- 2 tablespoons cider vinegar
- 0.3 cup green onions
- 1 tablespoon dijon
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 2 cups pkt spinach

2 slices center-cut bacon

## Equipment

bowl

frying pan

sauce pan

## Directions

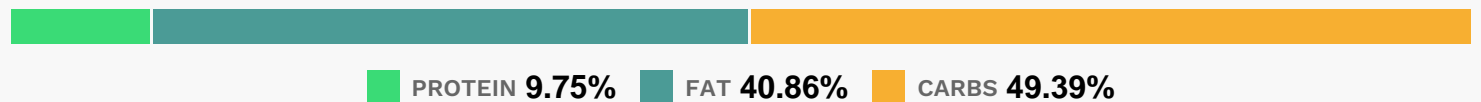
Place potatoes in a saucepan; cover with water. Bring to a boil. Cook 8 minutes; drain.

Cook bacon in a skillet until crisp; crumble.

Combine drippings, vinegar, olive oil, Dijon, brown sugar, and salt in a bowl.

Add potatoes and spinach. Top with green onions and bacon.

## Nutrition Facts



## Properties

Glycemic Index:54.94, Glycemic Load:14.71, Inflammation Score:-8, Nutrition Score:13.65608696186%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 177.24kcal (8.86%), Fat: 8.17g (12.56%), Saturated Fat: 2g (12.47%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 19.06g (6.93%), Sugar: 2.15g (2.38%), Cholesterol: 7.26mg (2.42%), Sodium: 279.79mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin K: 89.71µg (85.43%), Vitamin C: 27.74mg (33.63%), Vitamin A: 1477.86IU (29.56%), Vitamin B6: 0.4mg (19.99%), Manganese: 0.35mg (17.73%), Potassium: 612.63mg (17.5%), Folate: 51.52µg (12.88%), Fiber: 3.15g (12.59%), Magnesium: 42.77mg (10.69%), Vitamin B1: 0.14mg (9.55%), Phosphorus: 94.83mg (9.48%), Vitamin B3: 1.8mg (9.01%), Iron: 1.53mg (8.51%), Copper: 0.16mg (7.79%), Vitamin E: 0.91mg (6.1%), Selenium: 4.03µg (5.76%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.59mg (3.93%), Calcium: 37.35mg (3.74%)