



Bacon and Eggs Potato Salad

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

Ingredients

- 4 slices bacon cooked chopped
- 0.3 teaspoon ground pepper black
- 5 hardboiled eggs chopped
- 1 cup mayonnaise
- 2 tablespoons mustard
- 0.3 cup onion minced
- 1 cup peas green
- 2.5 pounds potatoes red quartered

0.5 teaspoon salt

Equipment

bowl

pot

Directions

Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 10 minutes.

Drain and set aside to cool.

Mix potatoes, mayonnaise, peas, hard-boiled eggs, bacon, onion, mustard, salt, and black pepper together in a bowl. Refrigerate to allow flavors to blend and bacon to soften, about 1 hour.

Nutrition Facts

PROTEIN 9.99% **FAT 62.05%** **CARBS 27.96%**

Properties

Glycemic Index:23.17, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:14.03347826004%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 375.91kcal (18.8%), Fat: 26.07g (40.11%), Saturated Fat: 4.85g (30.32%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 22.73g (8.26%), Sugar: 3.63g (4.03%), Cholesterol: 132.28mg (44.09%), Sodium: 496.98mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Vitamin K: 54.52µg (51.92%), Vitamin C: 19.83mg (24.03%), Potassium: 767.9mg (21.94%), Selenium: 14.64µg (20.91%), Phosphorus: 186.79mg (18.68%), Vitamin B6: 0.34mg (17.09%), Manganese: 0.32mg (15.78%), Fiber: 3.7g (14.82%), Vitamin B1: 0.22mg (14.55%), Vitamin B2: 0.25mg (14.51%), Folate: 53.67µg (13.42%), Vitamin B3: 2.47mg (12.38%), Copper: 0.24mg (12.05%), Magnesium: 44.22mg (11.06%), Iron: 1.85mg (10.26%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.31mg (8.73%), Zinc: 1.22mg (8.12%), Vitamin B12: 0.42µg (7.07%), Vitamin A: 333.86IU (6.68%), Vitamin D: 0.76µg (5.06%), Calcium: 40.89mg (4.09%)