



Bacon-and-Sweet Potato Salad



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon diced
- ☐ 0.3 cup canola oil
- ☐ 0.8 cup cider vinegar
- ☐ 3 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 1 tablespoon mustard seeds
- ☐ 0.3 teaspoon pepper

- ☐ 1 large onion red chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 2 pounds potatoes red quartered
- ☐ 2 teaspoons salt divided
- ☐ 1 pound sweet potatoes peeled cut into chunks

Equipment

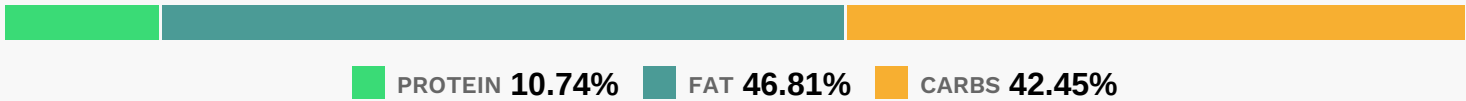
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place eggs in a single layer in a stainless steel saucepan. (Do not use nonstick.)
- ☐ Add water to a depth of 3 inches. Bring to a boil; cover, remove from heat, and let stand 15 minutes.
- ☐ Drain immediately, and return eggs to pan. Fill pan with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water. Chop eggs.
- ☐ Bring sweet potatoes, 1/2 tsp. salt, and water to cover to a boil in a Dutch oven. Cook 10 minutes; add red potatoes, and cook 15 minutes or until tender.
- ☐ Drain.
- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet.
- ☐ Saut red onion in hot drippings 8 minutes or until tender. Reduce heat to low, and whisk in vinegar, mustard seeds, and red pepper; cook 2 minutes, whisking occasionally.
- ☐ Whisk in canola oil, pepper, and remaining 1 1/2 tsp. salt.
- ☐ Pour hot vinegar mixture over potatoes.

Add eggs, bacon, green onions, and parsley, stirring gently to combine. Season with salt and pepper to taste, if desired.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:16.319130524345%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 246.69kcal (12.33%), Fat: 12.89g (19.82%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 22.67g (8.25%), Sugar: 3.99g (4.44%), Cholesterol: 64.51mg (21.5%), Sodium: 622.27mg (27.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin A: 6813.54IU (136.27%), Vitamin K: 53.18µg (50.65%), Potassium: 690.3mg (19.72%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.34mg (16.95%), Vitamin C: 13.66mg (16.56%), Selenium: 10.45µg (14.93%), Fiber: 3.62g (14.46%), Phosphorus: 144.35mg (14.43%), Copper: 0.23mg (11.64%), Vitamin B1: 0.17mg (11.5%), Magnesium: 43.89mg (10.97%), Folate: 40.99µg (10.25%), Vitamin E: 1.52mg (10.15%), Vitamin B3: 2mg (9.99%), Vitamin B5: 0.96mg (9.58%), Iron: 1.7mg (9.45%), Vitamin B2: 0.15mg (8.96%), Zinc: 0.94mg (6.29%), Calcium: 48.89mg (4.89%), Vitamin B12: 0.2µg (3.33%), Vitamin D: 0.35µg (2.35%)