



Bacon 'n' Onion Potato Salad

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- 4 bacon crumbled cooked
- 3 tablespoons dijon mustard
- 0.3 cup flat-leaf parsley fresh chopped
- 1 cup green onions chopped
- 1 cup mayonnaise light
- 0.5 teaspoon pepper
- 4 pounds potatoes red
- 1 teaspoon salt

8 ounce cup heavy whipping cream sour

Equipment

bowl

dutch oven

Directions

Place potatoes and water to cover in a large Dutch oven; bring to a boil over medium-high heat. Cook 25 minutes or until potatoes are tender.

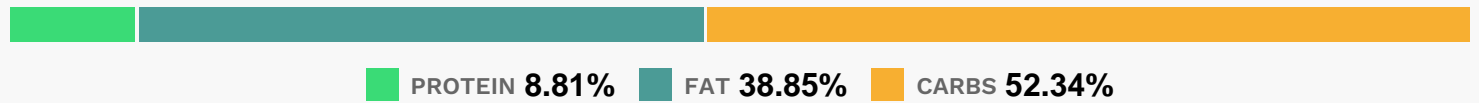
Drain and let cool.

Cut into 1/2-inch-thick slices.

Stir together sour cream and next 4 ingredients.

Stir together potatoes, sour cream mixture, green onions, and parsley in a large bowl. Cover and chill 1 hour or until ready to serve. Stir in bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:15.820000031072%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 308.67kcal (15.43%), Fat: 13.67g (21.03%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 36.92g (13.43%), Sugar: 5.28g (5.86%), Cholesterol: 25.17mg (8.39%), Sodium: 704.01mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin K: 78.95µg (75.19%), Potassium: 1151.05mg (32.89%), Vitamin C: 24.63mg (29.85%), Vitamin B6: 0.43mg (21.63%), Manganese: 0.39mg (19.44%), Phosphorus: 191.6mg (19.16%), Fiber: 4.52g (18.06%), Copper: 0.34mg (16.89%), Vitamin B3: 3.18mg (15.89%), Vitamin B1: 0.23mg (15.55%), Magnesium: 60.89mg (15.22%), Folate: 54.91µg (13.73%), Iron: 2.16mg (11.99%), Vitamin A: 500.83IU (10.02%), Selenium: 6.94µg (9.91%), Vitamin B2: 0.14mg (8.41%), Vitamin B5: 0.82mg

(8.24%), Zinc: 1.09mg (7.27%), Calcium: 69.3mg (6.93%), Vitamin E: 0.86mg (5.76%), Vitamin B12: 0.1µg (1.72%)