



Bacon-Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



30

CALORIES



50 kcal

SIDE DISH

Ingredients

- 0.3 cup avocado oil mayonnaise kraft
- 0.5 cup cucumbers english chopped
- 0.3 tsp garlic powder
- 0.5 cup onions chopped
- 1.3 lb potatoes red cooled cooked peeled cut into 1/2-inch cubes, and (4)
- 1 tsp grey poupon spicy brown mustard hearty
- 8 slices oscar mayer turkey bacon cooked cut into 1/2-inch pieces

Equipment

bowl

Directions

- Mix mayo, mustard and garlic powder until blended.
- Combine remaining ingredients in large bowl.
- Add mayo mixture; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts

 **PROTEIN 11.78%**  **FAT 61.29%**  **CARBS 26.93%**

Properties

Glycemic Index:2.63, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.2621739033772%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 50.42kcal (2.52%), Fat: 3.5g (5.39%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.39g (0.43%), Cholesterol: 3.66mg (1.22%), Sodium: 90.7mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Potassium: 107.74mg (3.08%), Phosphorus: 30.18mg (3.02%), Vitamin B6: 0.05mg (2.43%), Vitamin C: 1.87mg (2.27%), Vitamin B3: 0.35mg (1.77%), Copper: 0.03mg (1.65%), Selenium: 1.14µg (1.63%), Manganese: 0.03mg (1.62%), Fiber: 0.38g (1.54%), Magnesium: 5.83mg (1.46%), Vitamin B1: 0.02mg (1.31%), Iron: 0.23mg (1.29%), Zinc: 0.19mg (1.24%), Folate: 4.39µg (1.1%), Vitamin K: 1.11µg (1.06%)