



Bacon Potato Salad with Ranch

 Gluten Free

READY IN



170 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- 4 slices bacon crumbled cooked
- 0.3 cup dill pickles finely chopped
- 4 eggs
- 2 tablespoons parsley fresh chopped
- 0.3 cup green onion chopped
- 8 servings salt and ground pepper black to taste
- 2 tablespoons mayonnaise light
- 1 tablespoon mustard prepared

- 6 russet potatoes cubed peeled
- 0.3 cup cheddar cheese shredded finely

Equipment

- bowl
- sauce pan
- whisk
- 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.
- Place cubed potatoes into a large bowl.
- Place eggs in a saucepan and cover with water. Bring to a boil; simmer for 10 minutes. Cool eggs under cold running water and peel. Chop eggs into small pieces and add to potato cubes.
- Add bacon, pickles, green onion, Cheddar cheese, parsley, salt, and ground black pepper to bowl. Stir to combine.
- Whisk together ranch dressing, mayonnaise, and mustard in a bowl.
- Add to potato mixture and mix well to coat. Refrigerate at least 2 hours before serving.

Nutrition Facts



PROTEIN 16.68% **FAT 24.93%** **CARBS 58.39%**

Properties

Glycemic Index:29.97, Glycemic Load:22.8, Inflammation Score:-4, Nutrition Score:11.409565179244%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.34mg, Quercetin: 0.34mg,

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Nutrients (% of daily need)

Calories: 202.41kcal (10.12%), Fat: 5.7g (8.77%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 27.71g (10.07%), Sugar: 1.37g (1.53%), Cholesterol: 89.89mg (29.96%), Sodium: 216.28mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Vitamin B6: 0.62mg (30.92%), Vitamin K: 28.72µg (27.35%), Potassium: 743.59mg (21.25%), Phosphorus: 168.27mg (16.83%), Selenium: 11.17µg (15.96%), Manganese: 0.29mg (14.39%), Vitamin C: 11.12mg (13.48%), Vitamin B1: 0.17mg (11.46%), Magnesium: 44.15mg (11.04%), Iron: 1.97mg (10.92%), Vitamin B2: 0.19mg (10.91%), Vitamin B3: 2.14mg (10.69%), Copper: 0.19mg (9.72%), Folate: 37.61µg (9.4%), Fiber: 2.34g (9.37%), Vitamin B5: 0.89mg (8.95%), Zinc: 1.04mg (6.95%), Calcium: 66.37mg (6.64%), Vitamin A: 285.16IU (5.7%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.48µg (3.18%), Vitamin E: 0.4mg (2.7%)