



Bacon-Ranch Potato Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



9

CALORIES



126 kcal

SIDE DISH

Ingredients

- 1.5 lb potatoes - remove skin red quartered (10)
- 0.5 teaspoon salt
- 1 cup grape tomatoes cut in half
- 0.5 cup celery chopped
- 0.3 cup spring onion fresh chopped
- 0.3 cup oz. bacon into pieces crumbled cooked chopped
- 0.5 cup ranch dressing

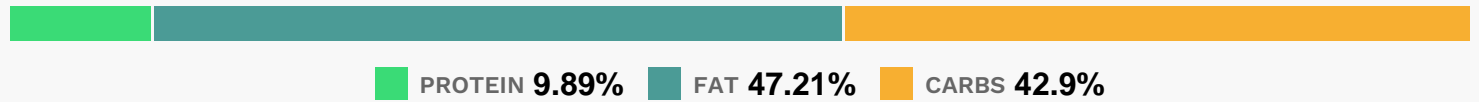
Equipment

- bowl
- sauce pan
- dutch oven

Directions

- In Dutch oven or 5-quart saucepan, place potatoes and salt.
- Add water just to cover.
- Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until tender.
- Drain; rinse with cold water to cool.
- Drain well. Cool slightly.
- Place potatoes in large bowl.
- Add tomatoes, celery, chives and bacon.
- Stir in ranch dressing.
- Serve warm, or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:5.5591304289258%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 126.11kcal (6.31%), Fat: 6.76g (10.4%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.18g (4.43%), Sugar: 2.18g (2.42%), Cholesterol: 7.95mg (2.65%), Sodium: 362.86mg (15.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin K: 28.76µg (27.39%), Potassium: 414.03mg (11.83%), Vitamin C: 9.47mg (11.47%), Phosphorus: 77.26mg (7.73%), Vitamin B6: 0.15mg (7.58%),

Manganese: 0.14mg (7.08%), Fiber: 1.65g (6.58%), Copper: 0.12mg (5.9%), Folate: 20.42µg (5.11%), Magnesium: 20.3mg (5.07%), Vitamin B3: 1.01mg (5.03%), Vitamin B1: 0.07mg (4.8%), Vitamin A: 201.15IU (4.02%), Iron: 0.69mg (3.83%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.42mg (2.82%), Vitamin B2: 0.04mg (2.56%), Zinc: 0.32mg (2.12%), Calcium: 17.27mg (1.73%), Selenium: 0.88µg (1.26%)