



Bacon-Ranch Potato Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



9

CALORIES



126 kcal

SIDE DISH

Ingredients

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

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:12.78, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:5.3991304415724%

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 Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 125.56kcal (6.28%), Fat: 6.76g (10.4%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.06g (4.39%), Sugar: 2.13g (2.37%), Cholesterol: 7.95mg (2.65%), Sodium: 362.45mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin K: 25.38µg (24.17%), Potassium: 409.65mg (11.7%), Vitamin C: 9.59mg (11.62%), Phosphorus: 76.88mg (7.69%), Vitamin B6: 0.15mg (7.57%),

Manganese: 0.14mg (7.07%), Fiber: 1.6g (6.41%), Copper: 0.12mg (5.87%), Magnesium: 20.21mg (5.05%), Vitamin B3: 1mg (5%), Folate: 19.81µg (4.95%), Vitamin B1: 0.07mg (4.76%), Vitamin A: 221.83IU (4.44%), Iron: 0.67mg (3.7%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.41mg (2.74%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.31mg (2.09%), Calcium: 16.3mg (1.63%), Selenium: 0.88µg (1.25%)