



Baked Potato Salad

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 6 pieces bacon cooked chopped
- ☐ 4 green onions sliced thin
- ☐ 1.3 cups mayonnaise
- ☐ 2 pounds potatoes red washed
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup heavy whipping cream sour
- ☐ 0.5 cup vinegar white

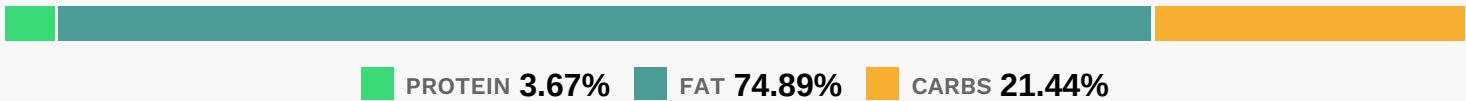
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ In a large pot of salted water, add potatoes and cook until just fork tender.
- ☐ Remove from boiling water and cool. When cool enough to handle, cut into 1-inch cubes.
- ☐ While potatoes are cooking and cooling, fry bacon in a large nonstick frying pan, remove to paper towel lined plate to drain. Strain bacon fat, reserve 3 Tablespoons in pan.
- ☐ Reheat bacon fat and fry off potatoes until light golden brown.
- ☐ Remove to paper towel lined plate to cool, season with a pinch of salt.
- ☐ Combine sour cream, mayonnaise, white vinegar salt and pepper in a small bowl. Chop bacon and green onions.
- ☐ Combine potatoes and dressing, adjust seasoning as necessary. Refrigerate for 1 hour, top with bacon and green onions before service.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:9.5313042298607%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 369kcal (18.45%), Fat: 30.8g (47.39%), Saturated Fat: 6.41g (40.05%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 17.7g (6.44%), Sugar: 2.55g (2.83%), Cholesterol: 28.16mg (9.39%), Sodium: 408.62mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Vitamin K: 73.49µg (69.99%), Potassium:

573.89mg (16.4%), Vitamin C: 11.07mg (13.42%), Manganese: 0.22mg (10.78%), Vitamin B6: 0.21mg (10.64%), Phosphorus: 99.07mg (9.91%), Copper: 0.17mg (8.63%), Fiber: 2.15g (8.59%), Vitamin E: 1.28mg (8.53%), Magnesium: 29.48mg (7.37%), Vitamin B3: 1.44mg (7.18%), Vitamin B1: 0.11mg (7.16%), Folate: 27.34µg (6.83%), Iron: 1.04mg (5.79%), Vitamin B2: 0.09mg (5%), Vitamin B5: 0.47mg (4.65%), Vitamin A: 226.49IU (4.53%), Calcium: 42.47mg (4.25%), Selenium: 2.68µg (3.83%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.1µg (1.59%)