



Baked Potato Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 6 green onions chopped
- ☐ 8 ounces sargento fancy mild cheddar cheese light shredded
- ☐ 1 tablespoon mustard prepared
- ☐ 1 medium size bell pepper red chopped
- ☐ 3 pounds potatoes red
- ☐ 8 ounce dressing fat-free ranch-style
- ☐ 2 at least of turkey bacon crumbled cooked

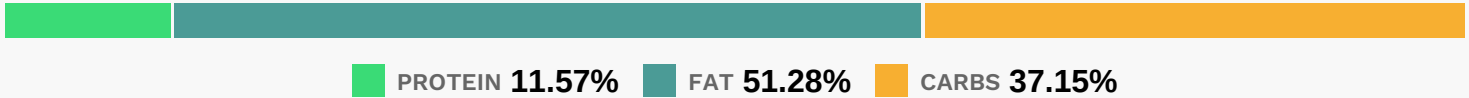
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Coat potatoes with vegetable cooking spray; pierce several times with a fork.
- ☐ Bake at 400 for 45 minutes or until tender. Cool and cut into 1-inch cubes.
- ☐ Combine 1 1/2 cups cheese, dressing, and next 3 ingredients in a large bowl; add potato, tossing gently.
- ☐ Sprinkle with bacon and remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:12.608260984006%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 304.07kcal (15.2%), Fat: 17.57g (27.03%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 25.84g (9.4%), Sugar: 7.33g (8.14%), Cholesterol: 34.88mg (11.63%), Sodium: 412.85mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Vitamin C: 28.43mg (34.46%), Vitamin K: 34.99µg (33.33%), Phosphorus: 210.12mg (21.01%), Potassium: 700.5mg (20.01%), Calcium: 183.18mg (18.32%), Vitamin B6: 0.3mg (15.02%), Vitamin A: 698.13IU (13.96%), Selenium: 9.64µg (13.77%), Manganese: 0.25mg (12.51%), Fiber: 2.81g (11.26%), Vitamin B2: 0.18mg (10.3%), Copper: 0.2mg (10.24%), Magnesium: 40.86mg (10.21%), Folate: 40.35µg (10.09%), Vitamin B1: 0.15mg (9.99%), Vitamin B3: 1.93mg (9.64%), Zinc: 1.44mg (9.58%), Vitamin E: 1.13mg (7.56%), Iron: 1.3mg (7.25%), Vitamin B5: 0.58mg (5.75%), Vitamin B12: 0.28µg (4.71%), Vitamin D: 0.15µg (1.02%)