

**7%**
HEALTH SCORE

Baked Potato Salad I

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



12

CALORIES



461 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon sliced
- 0.3 cup olives black sliced
- 1 cup mayonnaise
- 0.5 onion chopped
- 8 medium potatoes sliced
- 1 pound processed cheese food sliced
- 12 servings salt and pepper to taste

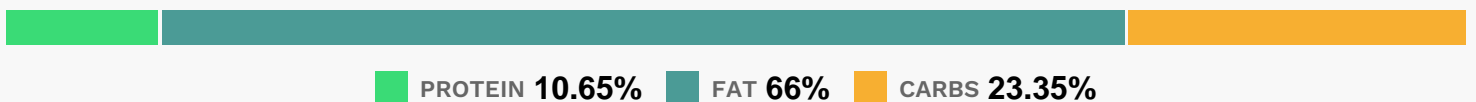
Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Butter a 9x13 inch baking dish.
- Put sliced potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook until tender but still firm, about 10 minutes.
- Drain, and set aside.
- At the same time, place bacon in a large deep skillet. Cook over medium-high heat until evenly browned.
- Remove to paper towels to drain.
- In a large bowl, stir together the potatoes, cheese, onion, mayonnaise, salt, and pepper. Spoon into prepared baking dish. Crumble bacon over the top, and sprinkle with olives.
- Bake for 1 hour in the preheated oven, until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:18.69, Inflammation Score:-5, Nutrition Score:15.086086988449%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 461.23kcal (23.06%), Fat: 34.04g (52.37%), Saturated Fat: 11.62g (72.61%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 23.8g (8.65%), Sugar: 2.28g (2.53%), Cholesterol: 58.11mg (19.37%), Sodium: 1121.64mg

(48.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.73%), Calcium: 417.12mg (41.71%), Phosphorus: 355.81mg (35.58%), Vitamin C: 28.31mg (34.32%), Vitamin K: 34.17µg (32.54%), Vitamin B6: 0.5mg (24.87%), Potassium: 696.78mg (19.91%), Selenium: 12.34µg (17.63%), Fiber: 3.29g (13.18%), Manganese: 0.24mg (12.13%), Vitamin B1: 0.18mg (11.73%), Vitamin B3: 2.3mg (11.49%), Magnesium: 45.72mg (11.43%), Vitamin B12: 0.68µg (11.4%), Zinc: 1.61mg (10.76%), Copper: 0.19mg (9.38%), Vitamin B2: 0.15mg (9.07%), Iron: 1.49mg (8.26%), Vitamin A: 390.32IU (7.81%), Vitamin E: 1.12mg (7.45%), Vitamin B5: 0.72mg (7.16%), Folate: 27.63µg (6.91%), Vitamin D: 0.34µg (2.26%)