



## BBQ Potato, Bacon & Corn Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



100 kcal

SIDE DISH

### Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.3 cup original barbecue sauce kraft
- 0.5 cup celery sliced
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup classic ranch dressing kraft
- 0.5 cup onions red chopped
- 0.5 cup pasilla peppers red chopped
- 3 lb potatoes red cooked quartered

11 oz kernel corn whole drained canned

## Equipment

bowl

## Directions

- Mix dressing, barbecue sauce and mustard in large bowl.
- Add all remaining ingredients except for the bacon; mix lightly.
- Sprinkle top of salad with bacon.
- Serve immediately or refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:4.92, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.8952173985865%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 100.08kcal (5%), Fat: 4.55g (7%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.56g (4.2%), Sugar: 2.42g (2.69%), Cholesterol: 5.48mg (1.83%), Sodium: 159.91mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 9.03mg (10.95%), Potassium: 304.98mg (8.71%), Vitamin B6: 0.13mg (6.5%), Vitamin K: 6.7µg (6.38%), Phosphorus: 58.65mg (5.87%), Vitamin B3: 1.08mg (5.38%), Manganese: 0.11mg (5.26%), Vitamin B1: 0.07mg (4.83%), Fiber: 1.16g (4.64%), Copper: 0.09mg (4.32%), Folate: 16.41µg (4.1%), Magnesium: 16.32mg (4.08%), Selenium: 2.28µg (3.26%), Iron: 0.53mg (2.95%), Vitamin B5: 0.24mg (2.45%), Vitamin A: 119.46IU (2.39%), Zinc: 0.33mg (2.22%), Vitamin B2: 0.03mg (2.04%), Vitamin E: 0.19mg (1.3%), Calcium: 10.71mg (1.07%)