



Big Daddy's Grilled Blue Cheese-and-Bacon Potato Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



602 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baby potatoes red cut in half
- ☐ 4 ounces cheese blue crumbled
- ☐ 6 bacon crumbled cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 cup onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup balsamic vinegar white

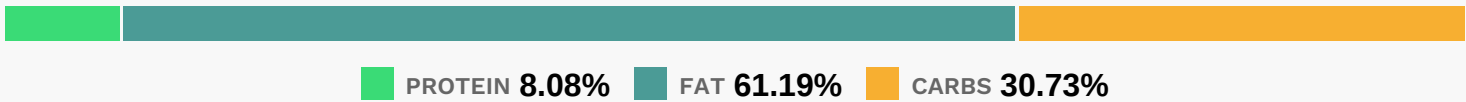
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Place potatoes in a single layer in center of a large piece of heavy-duty aluminum foil.
- ☐ Drizzle with olive oil; sprinkle with salt and pepper. Bring up foil sides over potatoes; double fold top and side edges to seal, making 1 large packet.
- ☐ Grill potatoes, in foil packet, covered with grill lid, 15 minutes on each side.
- ☐ Remove packet from grill. Carefully open packet, using tongs, and let potatoes cool 5 minutes.
- ☐ Whisk together mayonnaise and next 4 ingredients in a large bowl; add potatoes, tossing gently to coat. Stir in onion, blue cheese, and bacon.
- ☐ *Balsamic vinegar may be substituted but will darken the color of the dressing.

Nutrition Facts



Properties

Glycemic Index:67.31, Glycemic Load:31.69, Inflammation Score:-7, Nutrition Score:21.054782572%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 601.81kcal (30.09%), Fat: 41.15g (63.3%), Saturated Fat: 9.59g (59.93%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 40.82g (14.84%), Sugar: 6.17g (6.86%), Cholesterol: 37.77mg (12.59%), Sodium: 1013.42mg (44.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.44%), Vitamin K: 110.1µg (104.86%), Vitamin C: 49.98mg (60.59%), Vitamin B6: 0.78mg (39.13%), Potassium: 1122.35mg (32.07%), Phosphorus: 254.82mg (25.48%), Manganese: 0.46mg (22.8%), Fiber: 5.68g (22.73%), Vitamin B3: 3.5mg (17.5%), Vitamin B1: 0.25mg (16.89%), Magnesium: 65.94mg (16.48%), Calcium: 146.15mg (14.62%), Copper: 0.29mg (14.55%), Vitamin E: 2.03mg (13.56%), Folate: 54µg (13.5%), Iron: 2.36mg (13.1%), Selenium: 9.06µg (12.95%), Vitamin B5: 1.2mg (12.04%), Vitamin B2: 0.18mg (10.71%), Zinc: 1.56mg (10.38%), Vitamin A: 390.11IU (7.8%), Vitamin B12: 0.36µg (6.04%), Vitamin D: 0.2µg (1.34%)