



## BLT Potato Salad

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

READY IN



**35 min.**

SERVINGS



**10**

CALORIES



**324 kcal**

SIDE DISH

### Ingredients

- 3.5 pounds baking potatoes peeled chopped
- 4 bacon crumbled cooked
- 2 tablespoons dijon mustard
- 1 tablespoon parsley fresh chopped
- 1 cup grape tomatoes halved
- 3 green onions sliced
- 2 hard-cooked eggs chopped
- 10 servings lettuce leaves

- 1 cup mayonnaise
- 0.8 teaspoon pepper freshly ground
- 0.8 teaspoon salt
- 3 tablespoons relish sweet

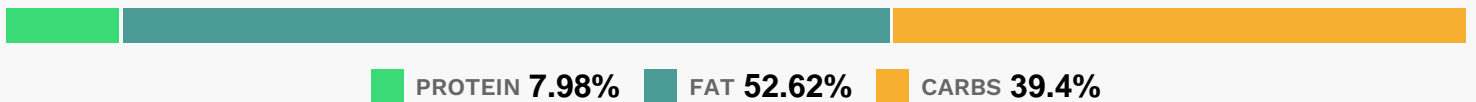
## Equipment

- bowl
- dutch oven

## Directions

- Bring potatoes and salted water to cover to a boil in a Dutch oven. Boil 5 minutes or until tender.
- Drain and cool.
- Stir together mayonnaise and next 5 ingredients in a large bowl; add cooked potatoes, tomatoes, green onions, and eggs, tossing gently until well blended. Cover and chill at least 3 hours. Stir in bacon just before serving.
- Serve on lettuce leaves.

## Nutrition Facts



## Properties

Glycemic Index:30.08, Glycemic Load:22.87, Inflammation Score:-9, Nutrition Score:14.379999933035%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 323.85kcal (16.19%), Fat: 19.23g (29.59%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 29.6g (10.76%), Sugar: 3.3g (3.66%), Cholesterol: 49.88mg (16.63%), Sodium: 468.54mg

(20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.13%), Vitamin K: 58.65µg (55.86%), Vitamin A: 2097.76IU (41.96%), Vitamin B6: 0.62mg (31.02%), Potassium: 796.75mg (22.76%), Vitamin C: 16.68mg (20.21%), Manganese: 0.38mg (19.11%), Phosphorus: 137.84mg (13.78%), Vitamin B1: 0.19mg (12.97%), Magnesium: 46.34mg (11.58%), Fiber: 2.81g (11.22%), Vitamin B3: 2.22mg (11.12%), Iron: 2mg (11.1%), Folate: 42.29µg (10.57%), Selenium: 7.05µg (10.07%), Copper: 0.19mg (9.65%), Vitamin B2: 0.15mg (8.78%), Vitamin B5: 0.72mg (7.21%), Vitamin E: 1.08mg (7.2%), Zinc: 0.82mg (5.44%), Calcium: 43.85mg (4.39%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.28µg (1.85%)