



## BLT Potato Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 2 cups cherry tomatoes halved
- 1 Tbsp heinz distilled vinegar white
- 0.3 cup chives fresh chopped
- 0.8 cup real mayo mayonnaise kraft
- 2 lb new potatoes red quartered
- 4 cups romaine lettuce loosely packed coarsely chopped
- 0.5 cup water

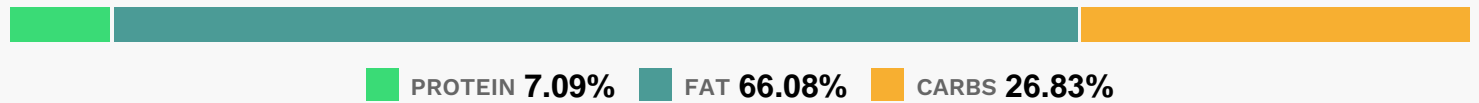
## Equipment

- bowl
- microwave

## Directions

- Place potatoes in 2-qt. microwaveable casserole.
- Add water; cover with lid. Microwave on HIGH 6 to 8 min. or just until potatoes are tender; stir.
- Let stand, covered, 5 min.
- Drain potatoes; rinse with cold water.
- Drain again.
- Mix mayo, chives and vinegar in large bowl until blended.
- Add potatoes and remaining ingredients; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:9.15, Glycemic Load:4.66, Inflammation Score:-5, Nutrition Score:4.5547825914362%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 106.65kcal (5.33%), Fat: 7.89g (12.14%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.16g (2.24%), Sugar: 0.72g (0.79%), Cholesterol: 7.47mg (2.49%), Sodium: 93.63mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 20.54µg (19.56%), Vitamin A: 738.39IU (14.77%), Vitamin C: 10.4mg (12.61%), Vitamin B6: 0.14mg (7.09%), Potassium: 213.81mg (6.11%), Folate: 18.34µg (4.58%), Fiber: 1.05g (4.2%), Manganese: 0.08mg (4.14%), Vitamin B1: 0.06mg (3.94%), Phosphorus: 38.08mg (3.81%), Vitamin B3: 0.76mg (3.78%), Magnesium: 11.6mg (2.9%), Copper: 0.06mg (2.87%), Iron: 0.49mg (2.7%), Selenium: 1.77µg (2.54%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.24mg (1.57%), Vitamin B2: 0.03mg (1.57%)