



WHATSheATE



Blue Cheese and Bacon Potato Salad



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 4 ounces cheese blue crumbled
- ☐ 0.5 pound green beans fresh cut into 1-inch pieces
- ☐ 4 green onions thinly sliced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 1 pound potatoes red

- ☐ 1 tablespoon mustard stone-ground
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Fill a large bowl with iced water. Line a baking sheet with a dish towel.
- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 18 to 20 minutes.
- ☐ Add green beans to the boiling water; blanch for just 1 minute.
- ☐ Drain potatoes and green beans; transfer to bowl of iced water to stop cooking process, about 5 minutes.
- ☐ Remove from iced water with a slotted spoon and place on prepared baking sheet to dry.
- ☐ Cut potatoes into quarters.
- ☐ Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain and cool bacon slices on paper towels; crumble.
- ☐ Whisk vinegar, olive oil, mayonnaise, and mustard together in a large bowl. Season with salt and black pepper.
- ☐ Add potatoes and green beans; stir to coat. Top with bacon, blue cheese, and green onions; stir once to incorporate.

Nutrition Facts



 **PROTEIN 10.61%**  **FAT 68.86%**  **CARBS 20.53%**

Properties

Glycemic Index:36.5, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:11.171304272569%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 310.03kcal (15.5%), Fat: 24.03g (36.97%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 13.48g (4.9%), Sugar: 2.55g (2.83%), Cholesterol: 25.81mg (8.6%), Sodium: 389.73mg (16.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Vitamin K: 48.69µg (46.37%), Phosphorus: 162.34mg (16.23%), Vitamin C: 12.68mg (15.37%), Potassium: 533.22mg (15.23%), Calcium: 130.91mg (13.09%), Vitamin B6: 0.26mg (12.97%), Vitamin E: 1.78mg (11.84%), Manganese: 0.23mg (11.62%), Fiber: 2.65g (10.59%), Selenium: 7.3µg (10.43%), Vitamin A: 500.85IU (10.02%), Vitamin B3: 1.99mg (9.93%), Vitamin B1: 0.15mg (9.86%), Folate: 38.43µg (9.61%), Vitamin B2: 0.16mg (9.17%), Magnesium: 35.6mg (8.9%), Copper: 0.15mg (7.64%), Iron: 1.33mg (7.4%), Vitamin B5: 0.73mg (7.27%), Zinc: 1.07mg (7.16%), Vitamin B12: 0.31µg (5.16%), Vitamin D: 0.16µg (1.08%)