



Brian's German Potato Salad

 Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 1 pound bacon cut into 1/2-inch pieces
- ☐ 2 teaspoons celery seed
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup onion chopped
- ☐ 4 pounds potatoes red halved
- ☐ 1.5 teaspoons salt

☐ 0.3 cup sugar white

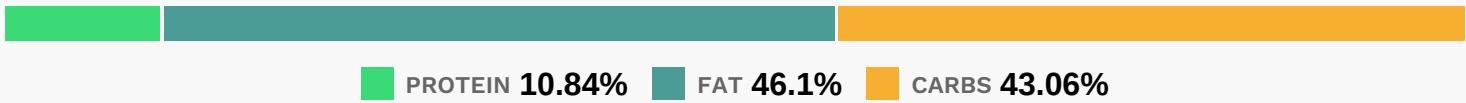
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil; reduce heat to medium-low, cover, and simmer until just tender, about 10 minutes.
- ☐ Drain and allow to steam dry for a minute or two; cut into 1/2-inch pieces and place into a large mixing bowl.
- ☐ Meanwhile, stir the bacon and onion together in a large skillet over medium heat until the fat has rendered from the bacon and the onion is very tender but not brown, about 15 minutes. Stir in the flour, sugar, and salt; cook for 1 minute.
- ☐ Pour in the vinegar; bring to a simmer and cook until slightly thickened, about 5 minutes.
- ☐ Pour the dressing over the potatoes and sprinkle with celery seed and parsley. Stir gently to combine.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:20.34, Glycemic Load:4.7, Inflammation Score:-4, Nutrition Score:10.249999984451%

Flavonoids

Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 300.04kcal (15%), Fat: 15.36g (23.62%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 29.34g (10.67%), Sugar: 6.77g (7.52%), Cholesterol: 24.95mg (8.32%), Sodium: 570.66mg (24.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Potassium: 808.09mg (23.09%), Vitamin B6: 0.38mg (18.91%), Vitamin C: 14.93mg (18.1%), Vitamin B3: 3.45mg (17.23%), Vitamin B1: 0.26mg (17.01%), Manganese: 0.33mg (16.46%), Phosphorus: 157.14mg (15.71%), Vitamin K: 15.38µg (14.65%), Selenium: 9.39µg (13.41%), Copper: 0.24mg (11.76%), Fiber: 2.93g (11.71%), Magnesium: 42.51mg (10.63%), Iron: 1.64mg (9.13%), Folate: 35.56µg (8.89%), Zinc: 1.03mg (6.83%), Vitamin B5: 0.66mg (6.62%), Vitamin B2: 0.1mg (5.67%), Vitamin B12: 0.19µg (3.15%), Calcium: 28.89mg (2.89%), Vitamin A: 81.17IU (1.62%), Vitamin E: 0.19mg (1.27%), Vitamin D: 0.15µg (1.01%)