



Caesar Potato Salad with Bacon

 Gluten Free

READY IN



240 min.

SERVINGS



1

CALORIES



826 kcal

SIDE DISH

Ingredients

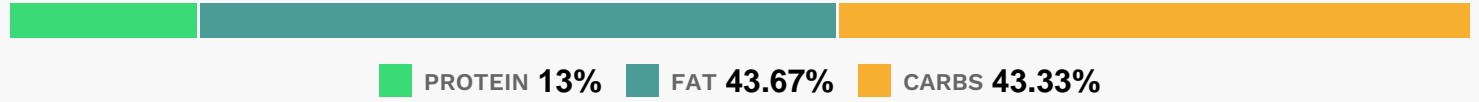
- 0.3 cup classic caesar dressing kraft
- 2 stalks celery thinly sliced
- 3 green onions thinly sliced
- 1 lb new potatoes red cooled cooked quartered
- 0.3 cup nonfat yogurt plain greek-style
- 0.3 cup oscar mayer real bacon bits

Equipment

Directions

- Combine ingredients.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:147.75, Glycemic Load:58.9, Inflammation Score:-9, Nutrition Score:34.154347673706%

Flavonoids

Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 4.29mg, Kaempferol: 4.29mg, Kaempferol: 4.29mg, Kaempferol: 4.29mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 825.56kcal (41.28%), Fat: 40.73g (62.66%), Saturated Fat: 9.44g (58.99%), Carbohydrates: 90.9g (30.3%), Net Carbohydrates: 78.42g (28.51%), Sugar: 11.8g (13.12%), Cholesterol: 64.51mg (21.5%), Sodium: 1702.51mg (74.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.55%), Vitamin K: 168.39µg (160.37%), Vitamin C: 99.33mg (120.4%), Vitamin B6: 1.47mg (73.32%), Potassium: 2390.21mg (68.29%), Fiber: 12.49g (49.96%), Manganese: 0.86mg (42.97%), Phosphorus: 398.39mg (39.84%), Magnesium: 133.14mg (33.28%), Folate: 132.94µg (33.23%), Vitamin B1: 0.43mg (28.98%), Copper: 0.56mg (28.14%), Iron: 4.92mg (27.34%), Vitamin B3: 5.33mg (26.63%), Calcium: 262.44mg (26.24%), Vitamin B2: 0.37mg (21.69%), Vitamin E: 3.24mg (21.63%), Vitamin B5: 2.01mg (20.08%), Vitamin A: 751.45IU (15.03%), Zinc: 2.22mg (14.79%), Selenium: 5.04µg (7.2%), Vitamin B12: 0.39µg (6.52%)