



## Caramelized Onion and Bacon Potato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



460 kcal

SIDE DISH

### Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 1 teaspoon tarragon dried
- 5 tablespoons chives fresh chopped
- 10 servings salt and ground pepper black to taste
- 30 small potatoes as needed
- 1 large onion red sliced into 1/8-inch pieces
- 0.5 cup tzatziki sauce to taste
- 3 fluid ounces white wine

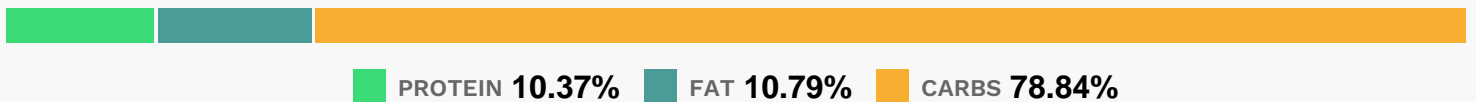
## Equipment

- bowl
- frying pan
- paper towels
- pot

## Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes.
- Drain and cool.
- Cut potatoes in half.
- Heat a skillet over medium heat; cook and stir onions until softened and golden brown, about 20 minutes.
- Add tarragon; pour in white wine to deglaze pan. Simmer until wine evaporates, 2 to 3 minutes.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on paper towels.
- Mix potatoes, onion, and bacon together in a large bowl. Fold tzatziki sauce, chives, salt, and black pepper into potato mixture.

## Nutrition Facts



## Properties

Glycemic Index:27.27, Glycemic Load:65.57, Inflammation Score:-8, Nutrition Score:25.566521379611%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

## **Nutrients (% of daily need)**

Calories: 460.06kcal (23%), Fat: 5.56g (8.56%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 91.48g (30.49%), Net Carbohydrates: 80g (29.09%), Sugar: 4.95g (5.5%), Cholesterol: 7.78mg (2.59%), Sodium: 148.93mg (6.48%), Alcohol: 0.91g (100%), Alcohol %: 0.21% (100%), Protein: 12.04g (24.08%), Vitamin C: 102.26mg (123.95%), Vitamin B6: 1.55mg (77.64%), Potassium: 2198.69mg (62.82%), Fiber: 11.48g (45.94%), Manganese: 0.84mg (42.01%), Phosphorus: 309.81mg (30.98%), Magnesium: 121.84mg (30.46%), Vitamin B1: 0.44mg (29.3%), Vitamin B3: 5.78mg (28.9%), Copper: 0.56mg (28.21%), Iron: 4.16mg (23.11%), Folate: 85.92µg (21.48%), Vitamin B5: 1.58mg (15.82%), Vitamin K: 13.13µg (12.5%), Zinc: 1.63mg (10.86%), Vitamin B2: 0.18mg (10.54%), Calcium: 84.8mg (8.48%), Selenium: 3.39µg (4.84%), Vitamin A: 127.25IU (2.55%)