



Classic Potato Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds yukon gold potatoes cut into 1-inch pieces canned (you can leave the peel on if you want)
- ☐ 6 slices bacon
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoons mustard yellow stone ground (your favorite: , Dijon,)
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup parsley chopped

- ☐ 0.8 cup dill pickles chopped
- ☐ 4 servings coarse salt
- ☐ 4 servings pepper freshly ground

Equipment

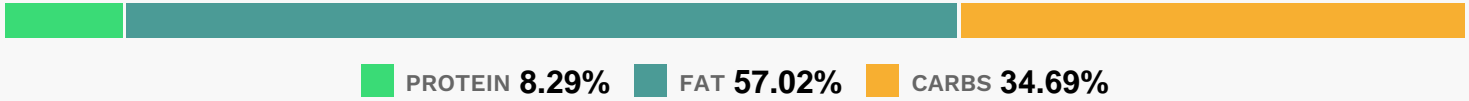
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ tongs

Directions

- ☐ Cook the potatoes: In a large pot, cover potatoes with cold, salted water (1 teaspoon salt). Bring to a boil, reduce heat to a simmer.
- ☐ Simmer until the potatoes are tender when pierced with a fork, about 20 minutes.
- ☐ Drain, and rinse with cold water to stop the cooking. (If you want, add some pickle juice to the drained, still slightly warm potatoes. The potatoes will absorb some of the juices, making them even tastier!)
- ☐ Heat a frying pan on medium low.
- ☐ Lay out the strips of bacon in a single layer. Gently cook, turning over occasionally with tongs, until lightly browned, and much of the fat rendered out.
- ☐ Place on a plate lined with paper towels to soak up the excess fat. Do not pour any fat from the pan down the drain, it will clog it. Instead, pour it into a jar, or sop up with paper towels and discard.
- ☐ Once cool, chop the bacon finely.
- ☐ Assemble the potato salad: In a large bowl, whisk together the sour cream, mayonnaise, and mustard.
- ☐ Add a little salt and pepper.

- ☐
- Add the potatoes and use a rubber spatula to gently combine with the sour cream mixture.
- ☐
- Add the green onions, celery, parsley, pickles, and bacon, again gently combining. (Include a couple tablespoons of the pickle juice for good measure.) Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:73.44, Glycemic Load:29.35, Inflammation Score:-8, Nutrition Score:21.613043738448%

Flavonoids

Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 504.94kcal (25.25%), Fat: 32.42g (49.87%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 38.34g (13.94%), Sugar: 4.19g (4.66%), Cholesterol: 53.1mg (17.7%), Sodium: 786.49mg (34.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Vitamin K: 123.56µg (117.67%), Vitamin C: 53.37mg (64.69%), Vitamin B6: 0.81mg (40.36%), Potassium: 1200.11mg (34.29%), Fiber: 6.04g (24.16%), Phosphorus: 229.49mg (22.95%), Manganese: 0.43mg (21.58%), Vitamin B1: 0.31mg (20.85%), Vitamin B3: 3.96mg (19.79%), Magnesium: 69.59mg (17.4%), Vitamin A: 843.11IU (16.86%), Folate: 60.16µg (15.04%), Copper: 0.3mg (15%), Selenium: 10.22µg (14.59%), Iron: 2.52mg (14%), Vitamin B2: 0.21mg (12.49%), Vitamin B5: 1.1mg (11.01%), Calcium: 109.38mg (10.94%), Zinc: 1.36mg (9.09%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.27µg (4.54%), Vitamin D: 0.16µg (1.07%)