



English Pub Potato Salad With Cucumber and Bacon



Gluten Free



Dairy Free

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READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

calories

459 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 1 cup celery chopped
- ☐ 1 cucumber chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 hard-cooked egg sliced
- ☐ 3 hard-cooked eggs chopped
- ☐ 1 cup mayonnaise

- ☐ 1 pinch paprika for garnish
- ☐ 0.5 cup onion red chopped
- ☐ 8 potatoes red
- ☐ 8 servings salt and pepper to taste

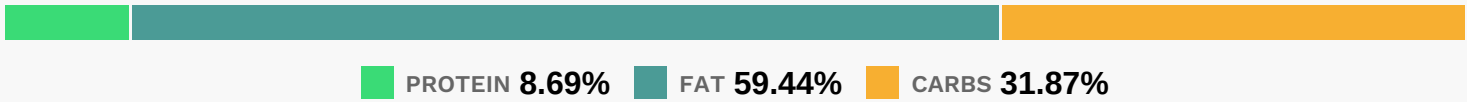
Equipment

- ☐ 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, about 20 minutes.
- ☐ Drain and cool. Chop potatoes and transfer into a large salad bowl.
- ☐ Place the 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. Crumble bacon when cool.
- ☐ Stir mayonnaise, crumbled bacon, cucumber, red onion, 3 chopped eggs, celery, 1/2 cup parsley, and 1 tablespoon paprika into the potatoes until thoroughly combined. Season to taste with salt and black pepper.
- ☐ Garnish salad with slices of hard-cooked egg, 3 sprigs of fresh parsley, and a pinch of paprika.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:18.805217307547%

Flavonoids

Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 458.71kcal (22.94%), Fat: 30.57g (47.03%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 32.5g (11.82%), Sugar: 4.33g (4.81%), Cholesterol: 115.9mg (38.63%), Sodium: 563.52mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.11%), Vitamin K: 119.84µg (114.13%), Potassium: 1158.45mg (33.1%), Vitamin C: 25.64mg (31.08%), Vitamin B6: 0.48mg (24.13%), Phosphorus: 218.59mg (21.86%), Manganese: 0.37mg (18.53%), Selenium: 12.87µg (18.38%), Fiber: 4.38g (17.53%), Vitamin B1: 0.26mg (17.3%), Copper: 0.34mg (17.08%), Folate: 68.14µg (17.04%), Vitamin B3: 3.24mg (16.22%), Magnesium: 60.41mg (15.1%), Vitamin B2: 0.24mg (13.89%), Iron: 2.34mg (13.02%), Vitamin B5: 1.23mg (12.32%), Vitamin A: 575.16IU (11.5%), Vitamin E: 1.35mg (8.98%), Zinc: 1.34mg (8.94%), Vitamin B12: 0.39µg (6.56%), Calcium: 54.79mg (5.48%), Vitamin D: 0.67µg (4.48%)