



Fingerling Potato Salad with Bacon and Gorgonzola

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- 1 lb fingerling potatoes cut in half lengthwise
- 0.3 cup mayonnaise light
- 4 slices bacon
- 0.5 cup gorgonzola crumbled
- 0.3 cup shallots chopped
- 1 Dash ground pepper red (cayenne)
- 1 leaf flat parsley italian chopped for garnishing

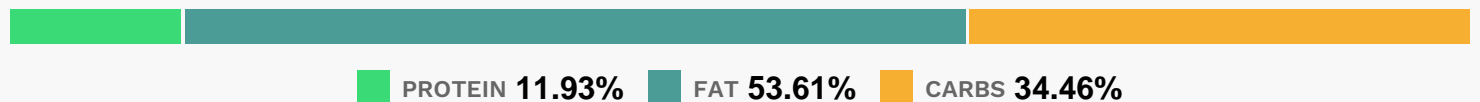
Equipment

- bowl
- paper towels
- pot

Directions

- In large pot of boiling salted water, cook potatoes until tender, about 10 minutes.
- Drain potatoes; cool to room temperature.
- Meanwhile, cook bacon until crisp.
- Drain on paper towels; crumble.
- In large bowl, add potatoes, bacon, gorgonzola, shallots, and mayonnaise. Gently fold potato mixture to combine all ingredients.
- Season with salt and cayenne to taste—a little of both goes a long way.
- Garnish with parsley.
- Serve immediately or within two hours.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:10.116087022035%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 284.16kcal (14.21%), Fat: 17.05g (26.24%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 21.68g (7.88%), Sugar: 2.79g (3.1%), Cholesterol: 28.1mg (9.37%), Sodium: 471.18mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin C: 23.87mg (28.94%), Vitamin B6: 0.47mg (23.44%), Potassium: 614.19mg (17.55%), Phosphorus: 162.87mg (16.29%), Vitamin K: 16.76µg (15.96%),

Fiber: 2.98g (11.93%), Vitamin B3: 2.26mg (11.31%), Manganese: 0.22mg (11.13%), Vitamin B1: 0.17mg (11.08%), Selenium: 7.48µg (10.68%), Calcium: 96.26mg (9.63%), Magnesium: 35.61mg (8.9%), Copper: 0.15mg (7.72%), Vitamin B5: 0.76mg (7.57%), Folate: 29.41µg (7.35%), Zinc: 1.04mg (6.93%), Iron: 1.24mg (6.89%), Vitamin B2: 0.11mg (6.56%), Vitamin B12: 0.28µg (4.71%), Vitamin E: 0.57mg (3.77%), Vitamin A: 163.3IU (3.27%), Vitamin D: 0.16µg (1.06%)