



German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard dijon-style
- 0.5 pound bacon lean (8 slices)
- 1 cup onion finely chopped
- 6 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 2 tablespoons flour all-purpose
- 3 large hardboiled eggs chopped
- 1 teaspoon celery seed

- 0.5 cup spring onion thinly sliced
- 0.3 cup dill pickles chopped
- 1 cup celery thinly sliced
- 3 pounds potato boiling (6)

Equipment

- bowl
- frying pan
- paper towels

Directions

- Quarter the potatoes lengthwise and cut them crosswise into 1/2-inch pieces. In a vegetable steamer set over boiling water steam the potatoes, covered, for 10 to 15 minutes, or until they are tender, and transfer them to a large bowl. In a large heavy skillet cook the bacon over moderate heat, stirring, until it is crisp and transfer it to paper towels to drain.
- Pour off all but 4 tablespoons of the fat, to the skillet add the onion and the celery, and cook the mixture over moderately low heat, stirring, until the onion is softened.
- Add the sugar, the flour, and the celery seeds, and cook the mixture, stirring, for 30 seconds. Stir in the mustard, the vinegar, and 1/2 cup water, bring the mixture to a boil, stirring, and simmer it for 2 minutes, or until it is thickened. Season the dressing with salt and pepper, pour it over the potatoes, and stir in the eggs, the pickles, the bacon, and the scallion greens.
- Serve the salad warm.

Nutrition Facts



Properties

Glycemic Index:51.35, Glycemic Load:3.59, Inflammation Score:-6, Nutrition Score:15.225652238597%

Flavonoids

Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:

1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 281.54kcal (14.08%), Fat: 4.79g (7.36%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 39.32g (14.3%), Sugar: 6.96g (7.73%), Cholesterol: 93.25mg (31.08%), Sodium: 936.72mg (40.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.49%), Potassium: 1200.1mg (34.29%), Vitamin K: 30.32µg (28.88%), Vitamin C: 23.8mg (28.85%), Manganese: 0.49mg (24.26%), Vitamin B6: 0.47mg (23.69%), Phosphorus: 205.9mg (20.59%), Fiber: 5.09g (20.35%), Folate: 73.7µg (18.43%), Copper: 0.34mg (17.19%), Vitamin B1: 0.25mg (16.65%), Magnesium: 63.1mg (15.78%), Selenium: 10.85µg (15.5%), Vitamin B3: 2.93mg (14.65%), Vitamin B2: 0.24mg (14.23%), Iron: 2.52mg (14%), Vitamin B5: 1.09mg (10.85%), Zinc: 1.18mg (7.88%), Calcium: 67.25mg (6.72%), Vitamin A: 321.56IU (6.43%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.55µg (3.67%), Vitamin E: 0.4mg (2.67%)