



## German Potato Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

### Ingredients

- 4 slices bacon
- 2 tablespoons brown mustard seeds
- 2.5 cups chicken broth
- 0.5 bunch chives snipped
- 0.3 teaspoon pepper white
- 1 cup onion diced
- 2.3 pounds yukon gold potatoes such as yukon gold
- 1 teaspoon salt to taste

- 1 teaspoon sugar to taste
- 0.3 cup vegetable oil
- 0.3 cup citrus champagne vinegar

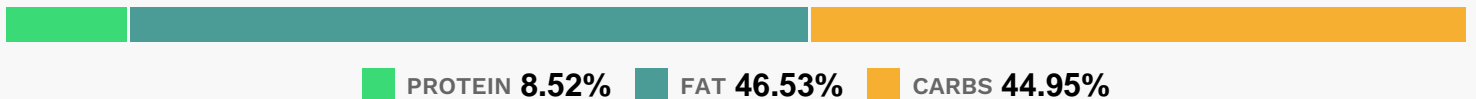
## Equipment

- frying pan
- slotted spoon

## Directions

- Cook the potatoes in simmering salted water until just tender, about 15–18 minutes.
- Drain and dry. While the potatoes are still hot, remove the skins and slice the potatoes 1/2-inch thick.
- While the potatoes are cooking, prepare the dressing. Cook the bacon over medium–high heat until the fat has rendered and the bacon is crisp.
- Remove the bacon to a plate with a slotted spoon, reserving the bacon fat in the pan; crumble the bacon into small pieces, and reserve.
- Bring the chicken broth, vinegar, onions, salt, sugar, and pepper to a boil.
- Combine the oil, rendered bacon fat, and mustard with the warm potatoes.
- Pour the boiling broth–vinegar mixture over the potatoes. Toss in the crumbled bacon and chives.
- From *Gourmet Meals in Minutes* by The Culinary Institute of America, © 2004 Lebharr-Friedman Books

## Nutrition Facts



## Properties

Glycemic Index:28.23, Glycemic Load:17.08, Inflammation Score:-4, Nutrition Score:8.8673913284488%

## Flavonoids

Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

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

Calories: 222.87kcal (11.14%), Fat: 11.65g (17.93%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 22.1g (8.04%), Sugar: 2.7g (3%), Cholesterol: 8.73mg (2.91%), Sodium: 645.09mg (28.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin C: 26.84mg (32.54%), Vitamin B6: 0.43mg (21.6%), Potassium: 608.74mg (17.39%), Vitamin K: 15.59µg (14.85%), Manganese: 0.28mg (13.8%), Fiber: 3.23g (12.92%), Vitamin B1: 0.16mg (10.75%), Phosphorus: 102.29mg (10.23%), Vitamin B3: 2mg (9.98%), Magnesium: 35.71mg (8.93%), Copper: 0.17mg (8.32%), Iron: 1.23mg (6.83%), Folate: 25.29µg (6.32%), Vitamin B2: 0.1mg (5.9%), Selenium: 4.04µg (5.77%), Vitamin B5: 0.47mg (4.75%), Vitamin E: 0.68mg (4.51%), Zinc: 0.62mg (4.14%), Calcium: 25.75mg (2.58%), Vitamin B12: 0.07µg (1.16%)