



German Potato Salad



Dairy Free



Popular

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READY IN

ready

55 min.

SERVINGS

servings

4

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CALORIES

calories

293 kcal

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SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup green onions chopped
- ☐ 4 potatoes
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup water
- ☐ 2 tablespoons sugar white
- ☐ 0.3 cup citrus champagne vinegar

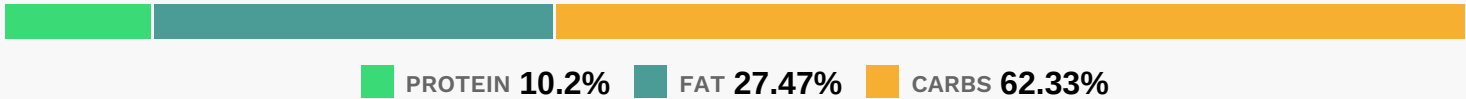
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes; cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and chop.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside. Reserve bacon fat.
- ☐ Add the flour, sugar, water and vinegar to skillet and cook in reserved bacon fat over medium heat until dressing is thick.
- ☐ Add bacon, potatoes and green onions to skillet and stir until coated. Cook until heated and season with salt and pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:65.21, Glycemic Load:32.65, Inflammation Score:-5, Nutrition Score:13.990434882434%

Flavonoids

Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 292.51kcal (14.63%), Fat: 8.98g (13.82%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 40.8g (14.83%), Sugar: 7.95g (8.83%), Cholesterol: 14.52mg (4.84%), Sodium: 356.49mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.01%), Vitamin C: 44.39mg (53.8%), Vitamin B6: 0.7mg (34.77%), Vitamin K: 29.93µg (28.5%), Potassium: 982.78mg (28.08%), Fiber: 5.06g (20.25%), Manganese: 0.37mg (18.44%), Vitamin B1: 0.25mg (16.85%), Vitamin B3: 3.31mg (16.53%), Phosphorus: 160.93mg (16.09%),

Magnesium: 55.34mg (13.84%), Copper: 0.26mg (12.88%), Iron: 2.1mg (11.64%), Folate: 45.51µg (11.38%), Selenium: 5.81µg (8.3%), Vitamin B5: 0.77mg (7.7%), Zinc: 0.95mg (6.31%), Vitamin B2: 0.11mg (6.26%), Calcium: 37.61mg (3.76%), Vitamin A: 137.02IU (2.74%), Vitamin B12: 0.11µg (1.83%), Vitamin E: 0.19mg (1.24%)