

MY FAMILY'S RECIPE
FOR HOPE IN HARD TIMES

German Potato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar with 1/4 cup water diluted
- ☐ 4 slices bacon
- ☐ 3 onion diced
- ☐ 6 medium size potatoes diced cooked
- ☐ 3 tablespoons sugar to taste ()

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Boil diced potatoes in lightly salted water until fork-tender.
- ☐ Drain and set aside in a bowl.
- ☐ Cut bacon into small pieces and brown lightly in frying pan over medium heat.
- ☐ Add onions and cook until bacon is browned and onions are golden, about 5 minutes.
- ☐ Mix 3 tablespoons sugar in diluted vinegar and taste; add more sugar if you like a sweeter dressing.
- ☐ Add vinegar and sugar to pan and stir until liquid is heated.
- ☐ Add mixture to diced potatoes and toss gently.
- ☐ Garnish with a few leaves of chopped parsley, if desired, and serve warm.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Rolling Stone, Details, and other magazines. She lives in New Jersey with her husband, Nathan.

Nutrition Facts



Properties

Glycemic Index:55.21, Glycemic Load:48.96, Inflammation Score:-7, Nutrition Score:19.383043514646%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.98mg, Quercetin: 18.98mg, Quercetin: 18.98mg, Quercetin: 18.98mg

Nutrients (% of daily need)

Calories: 411.68kcal (20.58%), Fat: 9.13g (14.05%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 73.05g (24.35%), Net Carbohydrates: 64.61g (23.5%), Sugar: 15.09g (16.77%), Cholesterol: 14.52mg (4.84%), Sodium: 169.69mg (7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Vitamin C: 69.05mg (83.69%), Vitamin B6: 1.1mg (55%), Potassium: 1531.09mg (43.75%), Fiber: 8.43g (33.73%), Manganese: 0.67mg (33.62%), Phosphorus: 240.11mg (24.01%), Vitamin B1: 0.35mg (23.62%), Vitamin B3: 4.35mg (21.74%), Magnesium: 85.87mg (21.47%),

Copper: 0.39mg (19.47%), Folate: 66.79µg (16.7%), Iron: 2.82mg (15.67%), Vitamin B5: 1.17mg (11.69%), Zinc: 1.34mg (8.93%), Vitamin B2: 0.14mg (8.47%), Selenium: 5.88µg (8.4%), Vitamin K: 6.4µg (6.1%), Calcium: 60.6mg (6.06%), Vitamin B12: 0.11µg (1.83%)