



## German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

### Ingredients

- 1.3 tbsp agave nectar
- 0.3 cup vegan bacon bits
- 1 tsp dijon mustard
- 0.3 tsp mustard dry (spice)
- 1 bunch green onions chopped
- 1 dash nutritional yeast
- 1 onion diced whole
- 3 small potatoes whole (small)

- 0.5 tsp salt
- 2 tbsp water
- 0.3 cup vinegar white
- 1 tbsp pastry flour whole wheat

## Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- measuring cup

## Directions

- Steam or boil potatoes until just fork tender. Meanwhile, line a skillet with a thin layer of water and cook onions until soft and translucent. Once onions are cooked, sprinkle dry mustard over top, stirring to incorporate, and set aside.
  - Whisk vinegar, water, agave nectar, flour, nutritional yeast and Dijon mustard together in a measuring cup.
  - Add 1/2 to 1 tsp salt and black pepper, or to taste, and set aside. (You can also add a little more agave if you don't want a strong vinegar flavor.) Once potatoes are cooked, run under cool water for a few seconds so they are safe to handle, but still warm. Gently remove skins. Cube potatoes; you should have approximately 3 cups of cubed potatoes. In a mixing bowl, toss potatoes with onion mixture. Re-whisk vinegar mixture, and pour over potatoes, stirring to combine.
  - Add the majority of the bacon bits, reserving about 1 tbsp to sprinkle over top, and mix again.
  - Let the mixture rest for 10 to 20 minutes, if possible. Then, gently mix in chopped scallions.
  - Transfer to a serving bowl and garnish with remaining bacon bits and more scallions.
  - Serve warm.
- Nutritional Information
- Amount Per Serving
  - Calories
  - Fat

- 30g
- Carbohydrate
- 20g Dietary Fiber 4.60g Sugars 3.10g Protein 3.30g

## Nutrition Facts



### Properties

Glycemic Index: 59.94, Glycemic Load: 17.72, Inflammation Score: -5, Nutrition Score: 10.749130445978%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

### Nutrients (% of daily need)

Calories: 212.98kcal (10.65%), Fat: 4.15g (6.39%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 36g (12%), Net Carbohydrates: 30.73g (11.17%), Sugar: 6.8g (7.56%), Cholesterol: 0mg (0%), Sodium: 576.88mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Vitamin C: 29.69mg (35.99%), Vitamin B6: 0.45mg (22.42%), Fiber: 5.27g (21.07%), Potassium: 629.72mg (17.99%), Manganese: 0.33mg (16.47%), Vitamin K: 16.49µg (15.7%), Vitamin B1: 0.23mg (15.12%), Folate: 51.27µg (12.82%), Magnesium: 51.09mg (12.77%), Phosphorus: 124.29mg (12.43%), Copper: 0.25mg (12.25%), Vitamin B3: 1.79mg (8.94%), Vitamin E: 1.16mg (7.73%), Iron: 1.37mg (7.61%), Zinc: 0.78mg (5.21%), Selenium: 3.61µg (5.16%), Vitamin B2: 0.08mg (4.6%), Calcium: 44.02mg (4.4%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.18µg (2.96%), Vitamin A: 64IU (1.28%)