



WHATSheATE



German-Style Potato and Ham Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 5 ounces bacon cut into 1/2-inch pieces
- ☐ 5 ounces deli honey ham black sliced cut in half lengthwise, then cut crosswise into 1/3-inch-wide strips
- ☐ 0.5 teaspoon pepper black
- ☐ 2 rib celery stalks cut into 1/4-inch dice (1 cup)
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 tablespoons olive oil

- ☐ 0.3 cup toppings: such as pickles sweet finely chopped
- ☐ 3 pounds potato red boiling scrubbed well (2 to 3 inches in diameter)
- ☐ 1.3 teaspoons salt
- ☐ 2 teaspoons sugar
- ☐ 1 cup onion sweet finely chopped
- ☐ 7 tablespoons vinegar white

Equipment

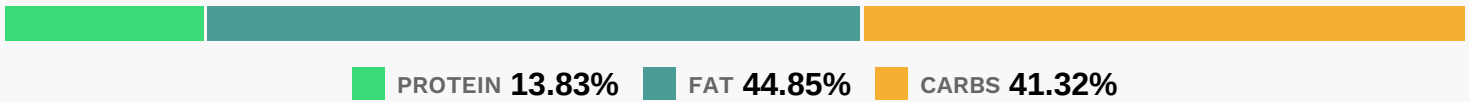
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Steam potatoes in a vegetable steamer set over 1 inch of boiling water in a wide 4- to 5-quart pot, covered, until tender when pierced with a paring knife, 20 to 25 minutes.
- ☐ Transfer to a cutting board.
- ☐ Meanwhile, cook asparagus in a wide 4- to 5-quart pot of boiling salted water, uncovered, until just tender, about 3 minutes.
- ☐ Transfer asparagus with tongs to a bowl of ice and cold water to stop cooking, then drain and pat dry.
- ☐ Cut off and reserve tips, then cut stalks into 1-inch pieces.
- ☐ Add tips and stalks to a large bowl.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden and crisp, about 8 minutes.

- ☐ Transfer with a slotted spoon to paper towels to drain, reserving bacon drippings in skillet.
- ☐ Once potatoes have cooled to warm, cut into 1/2-inch-thick slices.
- ☐ Add to bowl with asparagus, along with bacon, ham, celery, onion, parsley, and pickle.
- ☐ Return skillet with bacon drippings to moderately high heat.
- ☐ Add oil, then whisk in vinegar, sugar, mustard, salt, and pepper and cook, stirring and scraping up brown bits, 30 seconds. Immediately pour hot dressing over potato salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:46.68, Glycemic Load:1.44, Inflammation Score:-8, Nutrition Score:23.797826103542%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Nutrients (% of daily need)

Calories: 412.43kcal (20.62%), Fat: 20.88g (32.12%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 37.27g (13.55%), Sugar: 7.19g (7.98%), Cholesterol: 30.24mg (10.08%), Sodium: 1042.75mg (45.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Vitamin K: 126.04µg (120.04%), Potassium: 1372.21mg (39.21%), Vitamin C: 31.85mg (38.6%), Vitamin B1: 0.52mg (34.65%), Vitamin B6: 0.65mg (32.51%), Phosphorus: 275.59mg (27.56%), Vitamin B3: 5.47mg (27.33%), Manganese: 0.51mg (25.69%), Copper: 0.51mg (25.27%), Fiber: 6.01g (24.04%), Folate: 95.42µg (23.85%), Iron: 4.05mg (22.52%), Vitamin A: 1035.15IU (20.7%), Selenium: 13.52µg (19.31%), Magnesium: 74.18mg (18.54%), Vitamin B2: 0.26mg (15.55%), Vitamin E: 2.13mg (14.2%), Zinc: 2.09mg (13.94%), Vitamin B5: 1.13mg (11.35%), Calcium: 63.08mg (6.31%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.26µg (1.73%)