



German-Style Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



12

CALORIES



174 kcal

SIDE DISH

Ingredients

- 10 slices oscar mayer bacon crumbled cooked
- 0.5 cup balsamic vinaigrette dressing kraft
- 0.5 lb green beans fresh cooked trimmed cut into thirds and
- 2 Tbsp parsley fresh chopped
- 2 lb potatoes red cut into 1/8-inch-thick slices (6)
- 0.5 cup onions sweet chopped

Equipment

- bowl

sauce pan

Directions

- Cook potatoes in boiling water in saucepan 15 min. or just until tender; drain.
- Place warm potatoes in large bowl.
- Add dressing; toss to coat.
- Add remaining ingredients; mix lightly.

Nutrition Facts

PROTEIN 9.51% **FAT 56.75%** **CARBS 33.74%**

Properties

Glycemic Index:6.5, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:6.2765217656675%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 173.65kcal (8.68%), Fat: 11.04g (16.98%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 12.89g (4.69%), Sugar: 2.26g (2.51%), Cholesterol: 12.1mg (4.03%), Sodium: 225.5mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin K: 20.73µg (19.74%), Potassium: 431.59mg (12.33%), Vitamin C: 9.97mg (12.08%), Vitamin B6: 0.21mg (10.66%), Vitamin B3: 1.76mg (8.81%), Vitamin B1: 0.13mg (8.71%), Phosphorus: 81.86mg (8.19%), Manganese: 0.16mg (7.78%), Fiber: 1.88g (7.51%), Copper: 0.13mg (6.34%), Magnesium: 24.47mg (6.12%), Selenium: 4.21µg (6.01%), Folate: 22.34µg (5.59%), Iron: 0.88mg (4.88%), Vitamin A: 195.9IU (3.92%), Vitamin B5: 0.36mg (3.64%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.53mg (3.51%), Calcium: 18.66mg (1.87%), Vitamin B12: 0.09µg (1.53%), Vitamin E: 0.17mg (1.13%)