



German-Style Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon cut into 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 pounds potatoes - remove skin red cut into 1/8-inch-thick slices (5 cups)
- ☐ 0.8 teaspoon salt

☐

2.5 teaspoons sugar

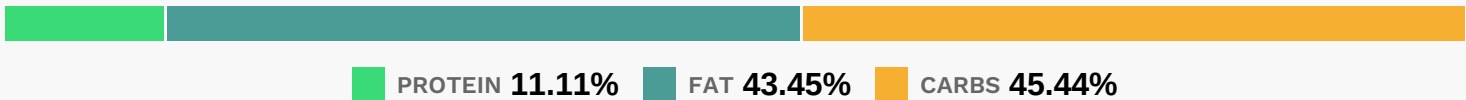
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Steam potatoes, covered, 10 minutes or until tender.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings.
- ☐ Combine drippings, vinegar, sugar, salt, and black pepper in a large bowl; stir well with a whisk.
- ☐ Add the potatoes, onion, and bell pepper; toss gently to coat. Cover and let stand 1 hour, stirring occasionally.
- ☐ Add the bacon and parsley; toss gently.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:6.3556522649267%

Flavonoids

Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 6.5g (10%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 13.64g (4.96%), Sugar: 2.46g (2.74%), Cholesterol: 10.56mg (3.52%), Sodium: 280.89mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Vitamin K: 25.02µg (23.83%), Vitamin C: 13.78mg (16.7%), Potassium: 438.18mg (12.52%), Vitamin B6: 0.2mg (10.14%), Vitamin B3: 1.65mg (8.26%), Manganese:

0.16mg (7.88%), Vitamin B1: 0.12mg (7.82%), Phosphorus: 77.78mg (7.78%), Fiber: 1.65g (6.61%), Copper: 0.12mg (6.2%), Magnesium: 22.32mg (5.58%), Selenium: 3.68µg (5.26%), Folate: 19.86µg (4.97%), Vitamin A: 232.99IU (4.66%), Iron: 0.8mg (4.46%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.5mg (3.34%), Vitamin B2: 0.05mg (2.64%), Calcium: 13.65mg (1.37%), Vitamin B12: 0.08µg (1.33%)