



WHATSheATE



German-Style Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 3 tablespoons cider vinegar
- ☐ 0.8 pound fingerling potatoes
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup green onions sliced
- ☐ 2 teaspoons dijon
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 2 slices center-cut bacon

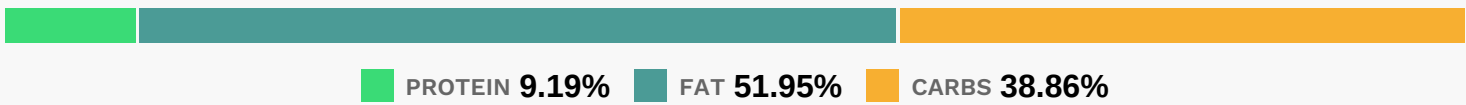
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place a saucepan filled two-thirds with water over high heat.
- ☐ Cut potatoes into 1-inch pieces.
- ☐ Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender.
- ☐ Drain.
- ☐ Cook bacon over medium-high until crisp; crumble.
- ☐ Add olive oil to drippings in pan. Return pan to medium-high.
- ☐ Add brown sugar, minced garlic, and Dijon; cook 1 minute.
- ☐ Add vinegar; bring to a boil.
- ☐ Remove from heat; stir in pepper and salt.
- ☐ Combine sugar mixture, potatoes, and green onions. Top with bacon.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:7.43, Inflammation Score:-2, Nutrition Score:4.8134782443876%

Flavonoids

Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 124.72kcal (6.24%), Fat: 7.22g (11.11%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 10.66g (3.88%), Sugar: 1.92g (2.14%), Cholesterol: 7.92mg (2.64%), Sodium: 151.41mg (6.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin C: 12.38mg (15%), Vitamin K: 14.15µg (13.48%), Vitamin B6: 0.21mg (10.54%), Potassium: 290.69mg (8.31%), Manganese: 0.14mg (7.13%), Fiber: 1.5g (5.98%), Vitamin B1: 0.09mg (5.72%), Vitamin B3: 1.12mg (5.62%), Phosphorus: 55mg (5.5%), Selenium: 3.28µg (4.69%), Magnesium: 17.16mg (4.29%), Copper: 0.08mg (3.8%), Iron: 0.65mg (3.64%), Folate: 12.79µg (3.2%), Vitamin E: 0.43mg (2.87%), Vitamin B5: 0.25mg (2.5%), Zinc: 0.35mg (2.32%), Vitamin B2: 0.03mg (2.01%), Calcium: 15.41mg (1.54%), Vitamin A: 62.65IU (1.25%)