



Grilled Potato Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



563 kcal

SIDE DISH

Ingredients

- ☐ 1 slice bacon cut into lardons
- ☐ 0.3 teaspoon cayenne powder
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons garlic powder
- ☐ 2 green onions chopped
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons onion powder
- ☐ 7 potatoes red small to medium scrubbed quartered
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 sweet potatoes and into peeled cut into 1 1/2-inch cubes

Equipment

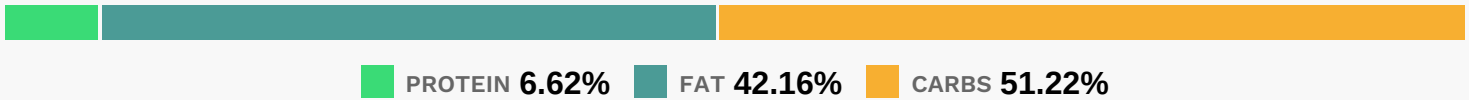
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill.
- ☐ Place the red potatoes in a large saucepan and fill with
- ☐ cold water, covering the potatoes by 2 inches. Bring the water to a boil over
- ☐ high heat. Once the water begins to boil, about 8 minutes, add the sweet
- ☐ potatoes. Return to boil and cook for 8 more minutes.
- ☐ Drain the potatoes and
- ☐ set aside to cool.
- ☐ Meanwhile, in a medium bowl, whisk together the mayonnaise,
- ☐ mustard, onion and garlic powders, cayenne and some salt and pepper. When the
- ☐ potatoes are cool to the touch, toss them in the mayonnaise mixture and stir
- ☐ gently to coat.
- ☐ Using tongs, place the potato pieces on the hot grill, and

- ☐ cook on all sides long enough to make grill marks, 1 to 2 minutes per side.
- ☐ Handle gently so they don't fall apart.
- ☐ In a large bowl, place the Bacon-Green Onion Vinaigrette. As
- ☐ the potatoes are cooked through, remove them from the grill and place the hot
- ☐ potatoes in the bowl with the dressing. Gently toss the potatoes in the
- ☐ dressing to coat completely and serve, warm or cold.
- ☐ In a small saute pan, cook the bacon until crisp. Then set aside to cool. Once cooled, pour the
- ☐ bacon and fat into a small bowl along with the olive oil.
- ☐ In another small bowl, whisk together the vinegar and mustard.
- ☐ Slowly drizzle in the olive oil-bacon mixture, whisking to emulsify.
- ☐ Add the parsley, green onions and salt and pepper to taste, and whisk to blend.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:28.194347769022%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 563.13kcal (28.16%), Fat: 26.95g (41.46%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 73.65g (24.55%), Net Carbohydrates: 64.84g (23.58%), Sugar: 7.59g (8.44%), Cholesterol: 9.51mg (3.17%), Sodium: 283.12mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.05%), Vitamin A: 8337.29IU (166.75%), Vitamin K: 88.38µg (84.17%), Potassium: 1969.9mg (56.28%), Vitamin C: 37.61mg (45.58%), Vitamin B6: 0.81mg (40.59%), Manganese: 0.75mg (37.65%), Fiber: 8.82g (35.26%), Copper: 0.62mg (30.89%), Phosphorus: 284.13mg (28.41%), Magnesium: 104.48mg (26.12%), Vitamin B1: 0.39mg (25.91%), Vitamin B3: 4.93mg (24.66%), Folate: 82.73µg (20.68%), Iron: 3.66mg (20.35%), Vitamin E: 2.73mg (18.18%), Vitamin B5: 1.59mg (15.94%), Zinc: 1.65mg (11.03%), Vitamin B2: 0.17mg (10.08%), Selenium: 5.89µg (8.41%), Calcium: 72.09mg (7.21%)