



Grilled Potato Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 5 servings parsley fresh chopped
- ☐ 5 servings salad dressing
- ☐ 5 servings potato salad dry
- ☐ 4 medium size potatoes – remove skin red cubed cut into 3/4-inch cubes (5 cups)
- ☐ 1 large onion white cut into 1/2-inch-thick strips

Equipment

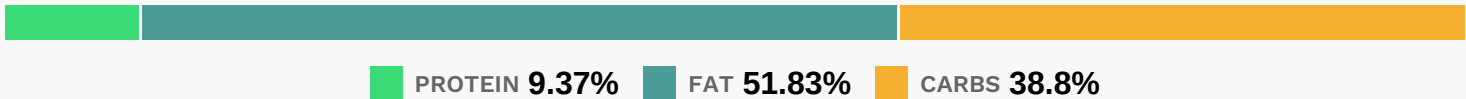
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Cook bacon, in batches, in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving drippings in skillet. Crumble bacon.
- ☐ Add potatoes, onion, and Potato Salad Dry Rub to hot drippings in skillet, tossing to coat.
- ☐ Remove potato mixture with a slotted spoon.
- ☐ Grill potato mixture, covered with grill lid, over 350 to 400 (medium-high) heat in a grill wok or metal basket 30 minutes or until tender, stirring every 5 minutes.
- ☐ Transfer mixture to a large bowl.
- ☐ Add Potato Salad Dressing, and toss to coat. Stir in bacon.
- ☐ Garnish, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:14.695217534252%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 348.27kcal (17.41%), Fat: 20.27g (31.19%), Saturated Fat: 5.6g (34.99%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 30.6g (11.13%), Sugar: 6.58g (7.31%), Cholesterol: 23.4mg (7.8%), Sodium: 548.47mg (23.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin K: 86.48µg (82.37%), Vitamin C: 22.31mg (27.05%), Potassium: 936.92mg (26.77%), Vitamin B6: 0.44mg (22.1%), Vitamin B3: 3.51mg (17.53%), Vitamin B1: 0.26mg (17.22%), Phosphorus: 170.38mg (17.04%), Manganese: 0.3mg (14.95%), Fiber: 3.55g (14.21%), Copper: 0.27mg (13.33%), Selenium: 8.67µg (12.38%), Magnesium: 48.26mg (12.07%), Folate: 42.58µg (10.65%), Iron: 1.78mg (9.87%), Vitamin A: 374.22IU (7.48%), Zinc: 1.09mg (7.3%), Vitamin B5: 0.73mg (7.28%), Vitamin B2: 0.09mg (5.5%), Vitamin E: 0.82mg (5.5%), Calcium: 35.01mg (3.5%), Vitamin B12: 0.18µg (2.94%)