



WHATSheATE



Grilled Potato Salad With Bacon-Scallion Vinaigrette



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



563 kcal

SIDE DISH

Ingredients



1 slice bacon cut into 1/4-inch pieces



0.3 teaspoon cayenne pepper



1 tablespoon dijon mustard



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2 tablespoons parsley fresh chopped



2 teaspoons garlic powder



4 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 teaspoons onion powder
- ☐ 2 tablespoons red wine vinegar
- ☐ 7 medium red-skinned potatoes quartered
- ☐ 2 scallions chopped
- ☐ 1 sweet potatoes and into peeled cut into large chunks

Equipment

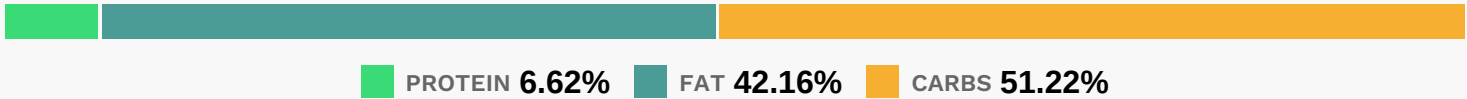
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ tongs

Directions

- ☐ Preheat a grill to medium.
- ☐ Put the red potatoes in a large saucepan and cover with cold water by 2 inches. Bring the water to a boil over high heat. Once the water begins to boil, after about 10 minutes, add the sweet potatoes. Return to a boil and cook 10 more minutes.
- ☐ Drain the potatoes and set aside to cool.
- ☐ In a medium bowl, whisk the mayonnaise, mustard, onion powder, garlic powder, cayenne, and salt and black pepper to taste. When the potatoes are cool to the touch, gently toss them in the mayonnaise mixture to coat.
- ☐ Make the vinaigrette: Cook the bacon in a small skillet over medium heat until crisp, then set aside to cool in the skillet. Once cool, pour the bacon and drippings into a small bowl along with the olive oil. In a large bowl, whisk the vinegar and mustard.
- ☐ Slowly drizzle in the olive oil-bacon mixture, whisking to emulsify.
- ☐ Add the scallions, parsley, and salt and black pepper to taste and whisk to blend.

- ☐
- Using tongs, place the potato pieces on the hot grill and cook on all sides long enough to cook through and make grill marks, 1 to 2 minutes per side. Handle the potatoes gently so they don't fall apart.
- ☐
- Remove the potatoes from the grill and place in the bowl with the vinaigrette. Gently toss to coat completely and serve warm or cold.
- ☐
- Photograph by Kat Deutsch

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: Og (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%)