



Hot and Tangy German Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



235 min.

SERVINGS



10

CALORIES



385 kcal

SIDE DISH

Ingredients

- 1 pound bacon
- 4 cloves garlic minced
- 5 pounds potatoes diced red
- 1 teaspoon salt
- 2 onions diced sweet
- 0.5 cup water
- 2 tablespoons sugar white
- 1 cup vinegar white

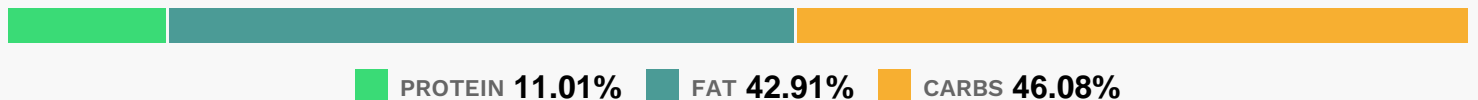
Equipment

- bowl
- frying pan
- paper towels
- pot
- slow cooker

Directions

- Place potatoes into a large pot and cover with water; season water with salt and bring to a boil. Reduce heat to medium-low and simmer until potatoes are tender, about 20 minutes; drain. Put potatoes in a slow cooker.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Remove the bacon slices to a plate lined with paper towels. Crumble bacon and add to potatoes.
- Return skillet to medium heat and reheat bacon drippings. Cook and stir sweet onions in the drippings until translucent, 5 to 7 minutes; add garlic and continue cooking until fragrant, 1 to 2 minutes more.
- Pour onion mixture over the potatoes and bacon.
- Stir vinegar, water, sugar, and salt together in a bowl; pour over the potato mixture. Stir potatoes gently to mix.
- Cook on Low, stirring occasionally, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:1.79, Inflammation Score:-5, Nutrition Score:13.805217367152%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,
Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.77mg, Myricetin:
0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin:
11.11mg

Nutrients (% of daily need)

Calories: 384.71kcal (19.24%), Fat: 18.39g (28.29%), Saturated Fat: 6.1g (38.2%), Carbohydrates: 44.44g (14.81%),
Net Carbohydrates: 39.96g (14.53%), Sugar: 8.67g (9.63%), Cholesterol: 29.94mg (9.98%), Sodium: 580.28mg
(25.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.23%), Potassium: 1205.93mg (34.46%),
Vitamin B6: 0.61mg (30.36%), Vitamin C: 23.06mg (27.95%), Vitamin B3: 4.53mg (22.63%), Vitamin B1: 0.34mg
(22.56%), Phosphorus: 224.39mg (22.44%), Manganese: 0.41mg (20.49%), Copper: 0.37mg (18.37%), Fiber: 4.48g
(17.91%), Selenium: 10.9µg (15.56%), Magnesium: 61.98mg (15.49%), Folate: 56.09µg (14.02%), Iron: 2.04mg (11.36%),
Vitamin B5: 0.96mg (9.57%), Zinc: 1.39mg (9.25%), Vitamin B2: 0.12mg (7.18%), Vitamin K: 6.8µg (6.47%), Calcium:
42.41mg (4.24%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.18µg (1.21%)