



Hot Bacon Potato Salad with Green Beans



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon fully cooked chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 3 pounds fingerling potatoes cut in half
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 8 oz haricots verts (tiny green beans)
- ☐ 3 tablespoons honey
- ☐ 0.5 cup olive oil

- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 1 shallots minced
- ☐ 0.5 cup citrus champagne vinegar

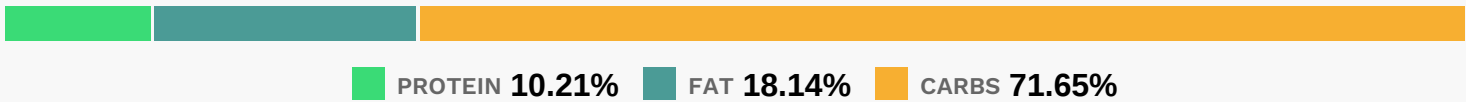
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat, and cook 20 minutes or until tender.
- ☐ Drain.
- ☐ Meanwhile, cook green beans in boiling water to cover in a medium saucepan 3 to 4 minutes or until crisp-tender. Plunge in ice water to stop the cooking process; drain.
- ☐ Whisk together vinegar and next 5 ingredients in a medium bowl.
- ☐ Add oil in a slow, steady stream, whisking constantly, until smooth.
- ☐ Pour vinegar mixture over potatoes. Just before serving, add green beans, dill, and parsley, and toss gently until blended.
- ☐ Sprinkle with bacon.
- ☐ Serve immediately, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:25.88, Inflammation Score:-6, Nutrition Score:13.366956445834%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 213.87kcal (10.69%), Fat: 4.41g (6.78%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 34.37g (12.5%), Sugar: 9.01g (10.01%), Cholesterol: 3.96mg (1.32%), Sodium: 538.86mg (23.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Vitamin C: 39.92mg (48.39%), Vitamin K: 48.26µg (45.96%), Vitamin B6: 0.58mg (28.99%), Potassium: 833.62mg (23.82%), Manganese: 0.39mg (19.49%), Fiber: 4.83g (19.32%), Phosphorus: 130.21mg (13.02%), Magnesium: 51.19mg (12.8%), Vitamin B1: 0.19mg (12.61%), Vitamin B3: 2.48mg (12.38%), Copper: 0.22mg (11.13%), Iron: 1.99mg (11.06%), Folate: 40.96µg (10.24%), Vitamin A: 368.99IU (7.38%), Vitamin B5: 0.64mg (6.43%), Vitamin B2: 0.1mg (5.92%), Zinc: 0.76mg (5.03%), Selenium: 3.46µg (4.95%), Calcium: 39.25mg (3.92%), Vitamin E: 0.56mg (3.76%)