



Hot German Potato Salad

 Dairy Free

READY IN



37 min.

SERVINGS



37

CALORIES



93 kcal

SIDE DISH

Ingredients

- 2 stalks celery thinly sliced
- 0.5 cup heinz distilled vinegar white
- 1 Tbsp flour
- 1 medium onion chopped
- 6 medium potatoes cooked peeled sliced
- 0.3 tsp each: salt and pepper
- 0.3 cup sugar
- 14 slices oscar mayer center cut bacon cut into 1-inch pieces

0.5 cup water

Equipment

bowl

frying pan

Directions

Place potatoes in large bowl; set aside.

Cook and stir bacon in skillet on medium heat to desired crispness.

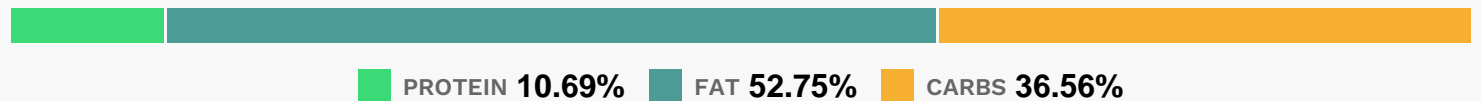
Remove bacon from skillet; drain, reserving 2 Tbsp. drippings in skillet. Set bacon aside.

Add onion and celery to skillet; cook and stir until celery is crisp-tender. Blend in flour. Stir in water, vinegar, sugar, salt, pepper and bacon. Bring to boil. Cook on medium heat 5 minutes or until thickened, stirring occasionally.

Pour over potatoes; mix lightly.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:2.7447826123756%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 93.19kcal (4.66%), Fat: 5.45g (8.39%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.65g (2.78%), Sugar: 2.22g (2.47%), Cholesterol: 8.99mg (3%), Sodium: 110.06mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin C: 7.09mg (8.6%), Vitamin B6: 0.14mg (7.17%), Potassium: 182.67mg (5.22%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.07mg (4.58%), Selenium: 2.96µg (4.23%), Phosphorus: 41.04mg (4.1%), Fiber: 0.85g (3.4%), Manganese: 0.06mg (3.19%), Magnesium: 10.23mg (2.56%),

Copper: 0.05mg (2.3%), Iron: 0.35mg (1.93%), Vitamin B5: 0.19mg (1.88%), Folate: 7.24µg (1.81%), Zinc: 0.27mg (1.81%), Vitamin B2: 0.03mg (1.5%), Vitamin K: 1.3µg (1.24%), Vitamin B12: 0.07µg (1.14%)