



Hot German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1.3 lb potatoes – remove skin red (5)
- ☐ 3 slices bacon cut in 1-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon celery seed
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup water
- ☐ 0.3 cup apple cider vinegar

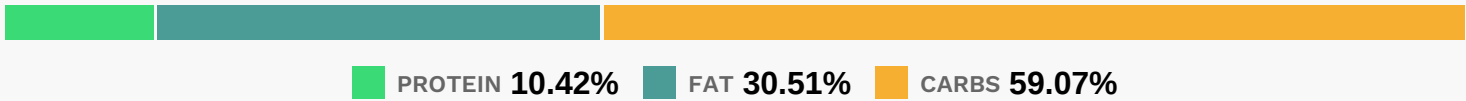
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In 3-quart saucepan, place potatoes; add enough water just to cover potatoes.
- ☐ Heat to boiling. Reduce heat to low. Cover and cook 30 to 35 minutes or until potatoes are tender; drain.
- ☐ Let stand until cool enough to handle.
- ☐ Cut potatoes into 3/4-inch dice.
- ☐ Meanwhile, in 10-inch skillet, cook bacon over medium heat 7 to 8 minutes, stirring occasionally, until crisp.
- ☐ Remove bacon from skillet with slotted spoon; drain on paper towels.
- ☐ Cook onion in bacon fat in skillet over medium heat 3 to 5 minutes, stirring occasionally, until tender. Stir in sugar, flour, salt, celery seed and pepper; cook 1 minute, stirring constantly.
- ☐ Stir water and vinegar into onion mixture.
- ☐ Heat to boiling over high heat, stirring constantly. Boil and stir 2 to 3 minutes or until thickened.
- ☐ Reduce heat to medium. Stir in potatoes and cook, stirring gently to coat potatoes, until hot and bubbling. Top with bacon.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.68, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:5.4217391266771%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 133.3kcal (6.67%), Fat: 4.55g (7.01%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.86g (6.49%), Sugar: 3.9g (4.34%), Cholesterol: 7.26mg (2.42%), Sodium: 190.05mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Potassium: 509.84mg (14.57%), Vitamin C: 9.67mg (11.72%), Vitamin B6: 0.22mg (10.89%), Manganese: 0.2mg (10.24%), Phosphorus: 82.94mg (8.29%), Vitamin B3: 1.64mg (8.2%), Vitamin B1: 0.12mg (8.08%), Fiber: 1.98g (7.92%), Copper: 0.15mg (7.59%), Magnesium: 26.11mg (6.53%), Folate: 21.31µg (5.33%), Iron: 0.89mg (4.95%), Selenium: 2.93µg (4.19%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.5mg (3.34%), Vitamin K: 3.11µg (2.97%), Vitamin B2: 0.05mg (2.72%), Calcium: 16.96mg (1.7%)