



Hot German Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon caraway seeds
- ☐ 3 bacon crumbled cooked
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup parsley fresh minced
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 pounds potatoes red
- ☐ 0.5 teaspoon salt

- ☐ 4 ounces turkey kielbasa diced
- ☐ 6 tablespoons citrus champagne vinegar divided

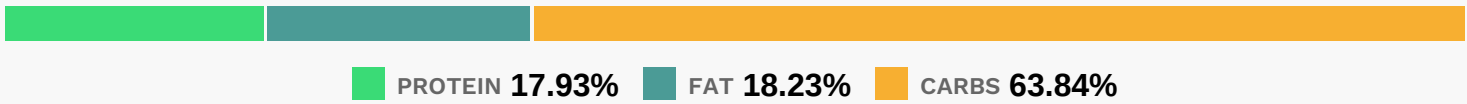
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until tender.
- ☐ Drain; cool slightly.
- ☐ Cut potatoes in half lengthwise; cut halves crosswise into 1/4-inch-thick slices.
- ☐ Place potatoes in a large bowl; sprinkle with 2 tablespoons vinegar.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion and kielbasa to pan; cook 3 minutes or until onion is tender.
- ☐ Add 1/4cup vinegar, broth, and bacon. Bring to a boil; cook 1 minute. Stir in caraway seeds, salt, and pepper.
- ☐ Pour vinegar mixture over potato slices; toss gently.
- ☐ Sprinkle with parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:14.073912923751%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg
Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.7mg, Quercetin: 3.7mg,
Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 166.48kcal (8.32%), Fat: 3.41g (5.24%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 26.84g (8.95%), Net
Carbohydrates: 23.56g (8.57%), Sugar: 3.19g (3.55%), Cholesterol: 13.98mg (4.66%), Sodium: 596.22mg (25.92%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.07%), Vitamin K: 86.73µg (82.6%), Vitamin C: 26.53mg
(32.16%), Potassium: 809.48mg (23.13%), Iron: 3.45mg (19.18%), Vitamin B6: 0.38mg (18.75%), Phosphorus:
154.79mg (15.48%), Vitamin B3: 3.05mg (15.26%), Manganese: 0.26mg (13.19%), Fiber: 3.28g (13.12%), Copper:
0.25mg (12.49%), Vitamin B1: 0.17mg (11.43%), Magnesium: 44.86mg (11.21%), Selenium: 7.51µg (10.73%), Folate:
39.1µg (9.77%), Vitamin A: 462.41IU (9.25%), Zinc: 1.13mg (7.52%), Vitamin B2: 0.1mg (6.04%), Vitamin B5: 0.53mg
(5.27%), Calcium: 33.94mg (3.39%), Vitamin B12: 0.16µg (2.71%)