



Hot German Potato Salad II

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

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

769 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon cubed
- ☐ 1 onion diced
- ☐ 3 pounds potatoes
- ☐ 2 cups sugar white
- ☐ 2 cups citrus champagne vinegar

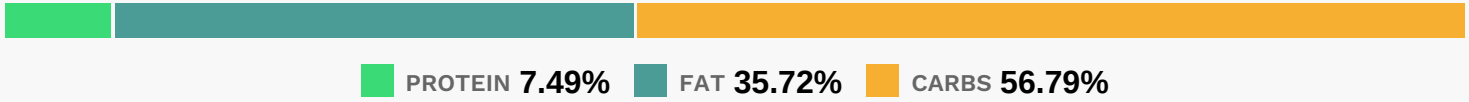
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and chop.
- ☐ Place bacon and onion in a large, deep skillet. Cook over medium heat until bacon is evenly brown.
- ☐ Drain excess grease from skillet.
- ☐ Add the sugar and vinegar to the bacon and onion mixture and bring to a boil.
- ☐ Pour the mixture over the potatoes and stir.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:75.92, Inflammation Score:-5, Nutrition Score:16.697391175705%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 769.02kcal (38.45%), Fat: 30.44g (46.83%), Saturated Fat: 10.12g (63.24%), Carbohydrates: 108.92g (36.31%), Net Carbohydrates: 103.62g (37.68%), Sugar: 69.08g (76.76%), Cholesterol: 49.9mg (16.63%), Sodium: 521.84mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Vitamin C: 46.43mg (56.28%), Vitamin B6: 0.89mg (44.61%), Potassium: 1163.67mg (33.25%), Vitamin B3: 5.45mg (27.26%), Vitamin B1: 0.4mg (26.57%), Phosphorus: 249.83mg (24.98%), Selenium: 16.37µg (23.38%), Fiber: 5.3g (21.2%), Manganese: 0.42mg (20.91%), Magnesium: 66.25mg (16.56%), Copper: 0.3mg (14.82%), Iron: 2.51mg (13.94%), Vitamin B5: 1.11mg (11.13%), Zinc: 1.61mg (10.74%), Folate: 39.77µg (9.94%), Vitamin B2: 0.15mg (8.91%), Vitamin B12: 0.38µg (6.3%), Vitamin K: 4.38µg (4.17%), Calcium: 40.66mg (4.07%), Vitamin E: 0.35mg (2.34%), Vitamin D: 0.3µg (2.02%)