



Hot German Potato Salad III



Dairy Free



Popular

Image not found or type unknown

Image not found or type unknown

READY IN

ready

60 min.

Image not found or type unknown

SERVINGS

servings

12

Image not found or type unknown

CALORIES

calories

187 kcal

Image not found or type unknown

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 0.5 teaspoon celery seed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.8 cup onions chopped
- ☐ 9 potatoes peeled
- ☐ 2 teaspoons salt
- ☐ 0.8 cup water

- ☐ 0.3 cup distilled vinegar white
- ☐ 2 tablespoons sugar white

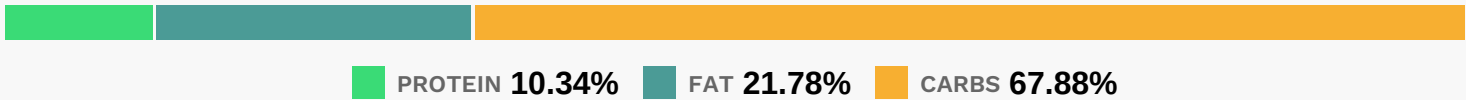
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ stove

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 30 minutes.
- ☐ Drain, cool and slice thin.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside, reserving drippings.
- ☐ Saute onions in bacon drippings until they are golden-brown.
- ☐ In a small bowl, whisk together the flour, sugar, salt, celery seed, and pepper.
- ☐ Add to the sauteed onions and cook and stir until bubbly, then remove from heat. Stir in water and vinegar, then return to the stove and bring to a boil, stirring constantly. Boil and stir for one minute. Carefully stir bacon and sliced potatoes into the vinegar/water mixture, stirring gently until potatoes are heated through.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:22.73, Inflammation Score:-4, Nutrition Score:9.0521739799043%

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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 186.78kcal (9.34%), Fat: 4.56g (7.02%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 28.25g (10.27%), Sugar: 3.67g (4.08%), Cholesterol: 7.26mg (2.42%), Sodium: 471.45mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Vitamin C: 32.22mg (39.06%), Vitamin B6: 0.51mg (25.69%), Potassium: 711.97mg (20.34%), Fiber: 3.73g (14.93%), Manganese: 0.28mg (14.05%), Vitamin B1: 0.17mg (11.53%), Phosphorus: 111.92mg (11.19%), Vitamin B3: 2.21mg (11.07%), Magnesium: 39.97mg (9.99%), Copper: 0.19mg (9.37%), Iron: 1.42mg (7.87%), Folate: 29.76µg (7.44%), Vitamin B5: 0.55mg (5.52%), Selenium: 3.22µg (4.61%), Zinc: 0.63mg (4.19%), Vitamin B2: 0.07mg (4.09%), Vitamin K: 3.11µg (2.96%), Calcium: 24.9mg (2.49%)