



Hot Red Potato Salad

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- 6 slices bacon diced
- 0.5 cup celery chopped
- 1 cube chicken bouillon
- 1 eggs beaten
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon ground pepper black
- 1 onion diced
- 6 potatoes red

- 2 teaspoons salt
- 1 cup vinegar
- 0.5 cup water boiling

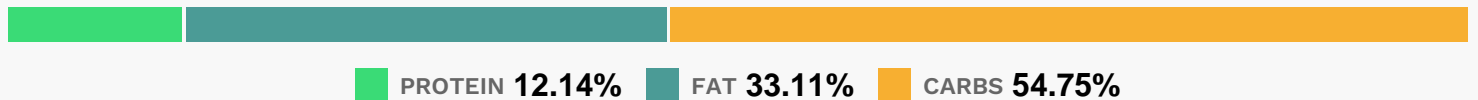
Equipment

- bowl
- frying pan
- pot

Directions

- Clean and scrub baking potatoes. 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 cut into thick slices; place slices in a large bowl.
- Place bacon in a large, deep skillet. Cook over medium high heat until crisp. Stir the onion and celery into the skillet and cook gently until the vegetables turn yellow.
- Dissolve the bouillon cube in boiling water and stir in the vinegar, salt and pepper.
- Pour the broth mixture into the skillet with the bacon/onion mixture and bring the water to a boil.
- Add the egg slowly, stirring until the mixture is slightly thickened.
- Pour the vegetable mixture over the potatoes, add parsley and toss lightly.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:10.562608610029%

Flavonoids

Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 201.45kcal (10.07%), Fat: 7.34g (11.29%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 24.17g (8.79%), Sugar: 2.78g (3.09%), Cholesterol: 31.35mg (10.45%), Sodium: 735.71mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin K: 37.41µg (35.62%), Potassium: 815.59mg (23.3%), Vitamin C: 17.45mg (21.15%), Vitamin B6: 0.35mg (17.39%), Manganese: 0.28mg (14.14%), Phosphorus: 140.07mg (14.01%), Vitamin B3: 2.56mg (12.82%), Fiber: 3.13g (12.51%), Vitamin B1: 0.19mg (12.43%), Copper: 0.24mg (12.04%), Magnesium: 41.38mg (10.35%), Folate: 39.09µg (9.77%), Selenium: 6.06µg (8.66%), Iron: 1.51mg (8.38%), Vitamin B5: 0.66mg (6.62%), Vitamin B2: 0.1mg (5.72%), Zinc: 0.85mg (5.68%), Vitamin A: 233.9IU (4.68%), Calcium: 31.16mg (3.12%), Vitamin B12: 0.13µg (2.19%), Vitamin E: 0.18mg (1.19%), Vitamin D: 0.18µg (1.17%)