

Indiana Potato Salad

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



295 kcal

SIDE DISH

Ingredients

- 8 ounces bacon sliced
- 8 baking potatoes cubed peeled
- 1 cup mayonnaise
- 1 cup onion chopped
- 8 ounces processed cheese food cubed

Equipment

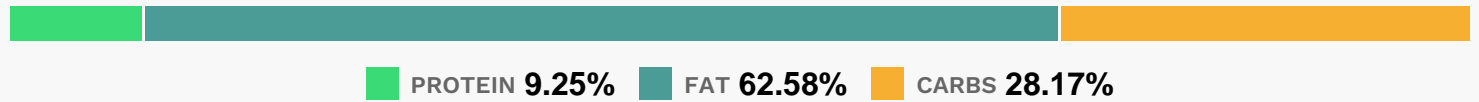
- frying pan
- oven

- pot
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place potatoes into a pot and fill with enough water to cover. Bring to a boil and cook until easily pierced with a fork, about 12 minutes.
- Drain and pour into a 9x13 inch baking dish.
- Mix with mayonnaise, processed cheese and onion.
- While the potatoes are boiling, fry the bacon in a large skillet over medium heat until crisp.
- Drain and break into large pieces.
- Place on top of the potatoes.
- Bake for 1 hour in the preheated oven, until cheese is browned.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:15.52, Inflammation Score:-3, Nutrition Score:8.6430435647135%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 295.03kcal (14.75%), Fat: 20.7g (31.85%), Saturated Fat: 6.11g (38.21%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 19.41g (7.06%), Sugar: 1.48g (1.65%), Cholesterol: 29.41mg (9.8%), Sodium: 425.32mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin K: 25.15µg (23.95%), Vitamin B6: 0.43mg (21.3%), Phosphorus: 175.69mg (17.57%), Calcium: 166.1mg (16.61%), Potassium: 508.28mg (14.52%), Manganese: 0.19mg (9.42%), Selenium: 6.51µg (9.3%), Vitamin B1: 0.13mg (8.97%), Vitamin B3: 1.69mg (8.47%), Vitamin C: 6.81mg (8.26%), Magnesium: 31.02mg (7.76%), Copper: 0.13mg (6.44%), Fiber: 1.55g (6.22%), Iron: 1.11mg (6.19%), Zinc: 0.87mg (5.78%), Vitamin B2: 0.09mg (5.01%), Vitamin B12: 0.3µg (5%), Vitamin B5: 0.49mg (4.93%), Folate: 18.64µg (4.66%), Vitamin E: 0.65mg (4.31%), Vitamin A: 149.56IU (2.99%), Vitamin D: 0.17µg (1.13%)