



Layered Potato Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 3 bacon crumbled cooked reduced-fat reduced-sodium
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup green onions chopped
- ☐ 0.8 cup mayonnaise light
- ☐ 0.8 cup parsley italian chopped
- ☐ 0.5 teaspoon pepper
- ☐ 4 pounds potatoes red unpeeled
- ☐ 0.3 teaspoon salt

☐ 8 ounce cup heavy whipping cream fat-free sour

Equipment

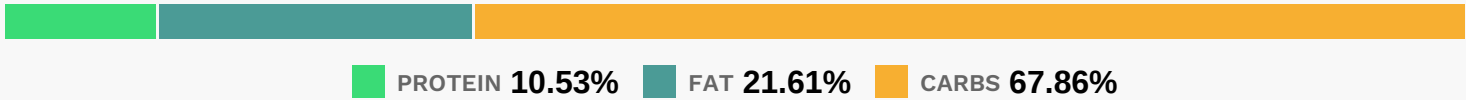
☐ bowl

☐ dutch oven

Directions

- ☐ Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat. Boil 25 minutes or until tender.
- ☐ Drain and let cool.
- ☐ Stir together sour cream and next 4 ingredients.
- ☐ Layer one-third each of potatoes, sour cream mixture, green onions, and parsley in a large glass bowl. Repeat layers twice, ending with parsley. Cover and chill 1 hour.
- ☐ Sprinkle with bacon just before serving.
- ☐ Note: Salad may be prepared a day in advance and chilled.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:12.397391300648%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 168.25kcal (8.41%), Fat: 4.15g (6.39%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 26.31g (9.57%), Sugar: 2.78g (3.09%), Cholesterol: 5.92mg (1.97%), Sodium: 282.64mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin K: 90.83µg (86.5%), Vitamin C: 19.57mg (23.72%), Potassium: 775.29mg (22.15%), Vitamin B6: 0.28mg (14.11%), Phosphorus: 128.14mg (12.81%), Manganese: 0.26mg (12.76%), Fiber: 3.04g (12.16%), Copper: 0.23mg (11.29%), Vitamin B3: 2.07mg (10.35%), Vitamin B1: 0.16mg

(10.33%), Folate: 41.08µg (10.27%), Magnesium: 40.94mg (10.23%), Vitamin A: 470.53IU (9.41%), Iron: 1.55mg (8.59%), Selenium: 4.04µg (5.78%), Vitamin B2: 0.09mg (5.41%), Calcium: 52.95mg (5.3%), Zinc: 0.75mg (5.03%), Vitamin B5: 0.48mg (4.82%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.08µg (1.31%)