



Loaded Baked Potato Salad



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients

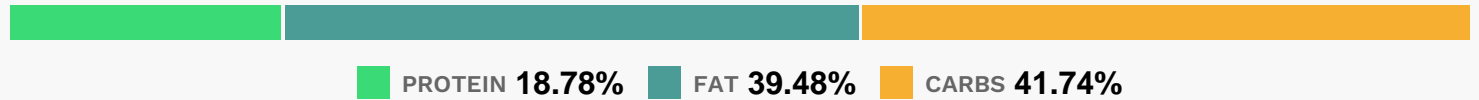
- 4 strips bacon cut into 1 inch pieces
- 4 green onions sliced
- 1.5 pounds potatoes diced peeled (optionally)
- 4 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 1 cup cup heavy whipping cream sour (or Greek yogurt)

Equipment

Directions

- Boil the potatoes in water until just fork tender, about 15–20 minutes, drain and let cool completely. Meanwhile cook the bacon and set aside on pepper towels to drain.
- Mix everything and optionally, though highly recommended, let it chill in the fridge to allow the flavours to mingle before serving.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:22.03, Inflammation Score:-5, Nutrition Score:15.16130415253%

Flavonoids

Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 314.68kcal (15.73%), Fat: 13.9g (21.38%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 28.99g (10.54%), Sugar: 3.29g (3.65%), Cholesterol: 31.15mg (10.38%), Sodium: 461.93mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.75%), Vitamin C: 35.77mg (43.35%), Vitamin B6: 0.61mg (30.47%), Vitamin K: 28.41µg (27.06%), Phosphorus: 265.77mg (26.58%), Potassium: 874.21mg (24.98%), Selenium: 13.95µg (19.93%), Calcium: 185.64mg (18.56%), Vitamin B2: 0.28mg (16.74%), Fiber: 4.05g (16.22%), Vitamin B1: 0.22mg (14.57%), Manganese: 0.29mg (14.41%), Vitamin B3: 2.85mg (14.27%), Magnesium: 53.48mg (13.37%), Copper: 0.22mg (10.81%), Zinc: 1.58mg (10.56%), Folate: 41.36µg (10.34%), Vitamin B12: 0.61µg (10.16%), Iron: 1.65mg (9.19%), Vitamin B5: 0.86mg (8.58%), Vitamin A: 274.71IU (5.49%), Vitamin E: 0.29mg (1.92%), Vitamin D: 0.17µg (1.15%)