



## Loaded Potato Salad

 Gluten Free

READY IN



49 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 5 slices precooked bacon
- 1.5 pounds baking potatoes
- 0.5 teaspoon pepper black
- 0.3 cup yogurt plain fat-free
- 0.3 cup green onions sliced
- 3 tablespoons mayonnaise reduced-fat
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.5 teaspoon salt

2 ounces sharp cheddar cheese shredded 2% reduced-fat

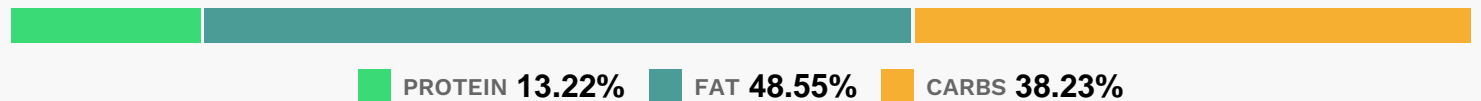
## Equipment

- bowl
- sauce pan
- microwave

## Directions

- Cook potatoes in boiling water to cover in a large saucepan 30 minutes or just until tender; drain. Cool to touch (about 15 minutes), and cut into 1-inch cubes.
- While potatoes cool, combine sour cream and next 4 ingredients.
- Cook bacon in microwave according to package directions to crisp. Cool and crumble.
- Combine potato cubes, cheese, and green onions in a large bowl. Stir sour cream mixture into potato mixture, tossing gently to coat.
- Sprinkle with bacon. Cover and chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.97, Glycemic Load:12.2, Inflammation Score:-2, Nutrition Score:6.6843477591224%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 186kcal (9.3%), Fat: 10.14g (15.61%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 16.76g (6.09%), Sugar: 1.62g (1.8%), Cholesterol: 20.56mg (6.85%), Sodium: 346.73mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Vitamin B6: 0.34mg (17.23%), Potassium: 445.63mg (12.73%), Phosphorus: 124.01mg (12.4%), Vitamin K: 11.26µg (10.73%), Calcium: 98.89mg (9.89%), Selenium: 5.94µg (8.48%), Vitamin B1: 0.12mg (8.05%), Manganese: 0.16mg (7.9%), Vitamin B3: 1.47mg (7.37%), Vitamin C: 5.61mg (6.8%), Magnesium: 26.97mg (6.74%), Vitamin B2: 0.11mg (6.39%), Zinc: 0.83mg (5.56%), Copper: 0.1mg (5.21%), Iron: 0.88mg (4.9%), Fiber: 1.22g (4.87%), Folate: 17.91µg (4.48%), Vitamin B5: 0.43mg

(4.34%), Vitamin B12: 0.25µg (4.11%), Vitamin A: 144.62IU (2.89%), Vitamin E: 0.28mg (1.89%)