



## MIRACLE WHIP Rocking Bacon-Ranch Potato Salad

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



64 kcal

SIDE DISH

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 0.3 tsp pepper black
- 1 stalk celery sliced
- 0.1 tsp garlic powder
- 4 green onions sliced
- 0.5 cup miracle whip dressing
- 0.5 cup pepper strips red thin

- 0.3 cup classic ranch dressing kraft
- 3 lb potatoes red cooked quartered ( 9)

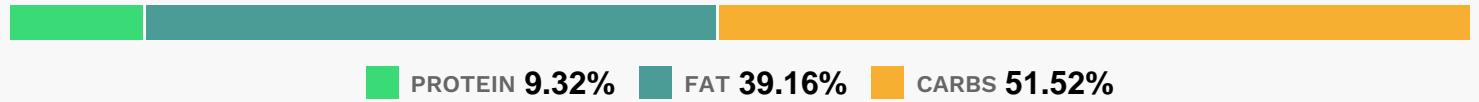
## Equipment

- bowl

## Directions

- Mix dressings and seasonings in large bowl.
- Add remaining ingredients; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:4.43, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.9760869676652%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 63.7kcal (3.18%), Fat: 2.83g (4.35%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.4g (2.69%), Sugar: 1.28g (1.42%), Cholesterol: 3.81mg (1.27%), Sodium: 90.24mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 7.42mg (9%), Vitamin K: 7.85µg (7.47%), Potassium: 231.96mg (6.63%), Vitamin B6: 0.1mg (4.94%), Phosphorus: 39.58mg (3.96%), Fiber: 0.97g (3.89%), Manganese: 0.07mg (3.71%), Vitamin B3: 0.74mg (3.68%), Vitamin B1: 0.05mg (3.45%), Copper: 0.07mg (3.28%), Magnesium: 11.41mg (2.85%), Folate: 10.9µg (2.72%), Iron: 0.4mg (2.22%), Vitamin A: 108.28IU (2.17%), Vitamin B5: 0.18mg (1.8%), Selenium: 1.2µg (1.72%), Zinc: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.39%)