



Oktoberfest Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

Ingredients

- 4 slices bacon
- 1 cup celery diced divided
- 0.5 cup cider vinegar
- 3 tablespoons parsley fresh divided chopped
- 6 servings salt and ground pepper black to taste
- 1 teaspoon ground mustard dry
- 0.3 cup onion chopped
- 6 potatoes

- 0.3 cup water
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain and let cool.
- Mix dry mustard with 1 teaspoon water in a small bowl and let stand 10 minutes to develop flavor.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on paper towels. Reserve bacon drippings in skillet.
- Let bacon cool; crumble bacon.
- Cook onion in reserved bacon drippings over medium heat until onion is translucent and soft, about 5 minutes. Stir mustard paste, sugar, 1/4 cup water, and cider vinegar into onion; bring to a boil. Reduce heat to low and simmer vinegar dressing for 2 minutes.
- Peel potatoes if desired; slice 3 potatoes into a salad bowl and arrange into a layer.
- Sprinkle potatoes with half the crumbled bacon, celery, and parsley; season with salt and black pepper.
- Pour a little of the vinegar dressing over the layer. Repeat layer with remaining 3 potatoes, bacon, celery, parsley, salt, and black pepper; pour remaining dressing over the salad. Cover and let stand at room temperature for 30 minutes before serving.

Nutrition Facts



■ PROTEIN **9.59%** ■ FAT **20.63%** ■ CARBS **69.78%**

Properties

Glycemic Index:52.81, Glycemic Load:33.37, Inflammation Score:-6, Nutrition Score:14.453043512676%

Flavonoids

Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 269.12kcal (13.46%), Fat: 6.21g (9.56%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 42.09g (15.31%), Sugar: 10.61g (11.78%), Cholesterol: 9.68mg (3.23%), Sodium: 126.36mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin C: 45.66mg (55.35%), Vitamin K: 41.99µg (39.99%), Vitamin B6: 0.69mg (34.56%), Potassium: 1008.84mg (28.82%), Manganese: 0.43mg (21.37%), Fiber: 5.2g (20.8%), Phosphorus: 154.17mg (15.42%), Vitamin B1: 0.22mg (14.8%), Vitamin B3: 2.94mg (14.7%), Magnesium: 56.77mg (14.19%), Copper: 0.25mg (12.75%), Folate: 45µg (11.25%), Iron: 1.98mg (10.99%), Vitamin B5: 0.77mg (7.74%), Selenium: 4.46µg (6.37%), Zinc: 0.88mg (5.84%), Vitamin B2: 0.1mg (5.65%), Vitamin A: 254.53IU (5.09%), Calcium: 40.42mg (4.04%), Vitamin B12: 0.07µg (1.22%), Vitamin E: 0.16mg (1.09%)