



Pennsylvania Dutch Potato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients

- 3 slices applewood-smoked bacon diced
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup carrots shredded
- 0.5 cup celery chopped
- 2 tablespoons cider vinegar
- 0.3 teaspoon mustard dry
- 2 large eggs lightly beaten
- 3 tablespoons parsley fresh chopped

- 2 large hardboiled eggs chopped
- 0.5 teaspoon kosher salt
- 0.5 cup sugar
- 0.5 cup water
- 0.3 cup vinegar white
- 2 cups onion yellow chopped
- 2.8 pounds yukon gold potatoes

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon

Directions

- Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Cool 10 minutes; peel and chop.
- Combine potatoes, onion, celery, carrot, and chopped eggs in a large bowl.
- Cook bacon in a large nonstick skillet over medium heat until crisp, stirring occasionally.
- Remove bacon from pan with a slotted spoon, reserving 2 tablespoons drippings in pan.
- Combine sugar, 1/2 cup water, white vinegar, and next 5 ingredients (through beaten eggs); stir with a whisk.
- Add sugar mixture to pan; cook 8 minutes over medium heat or until slightly thick, stirring constantly with a whisk.
- Pour sugar mixture over potato mixture, stirring gently to combine.
- Add reserved bacon and parsley; toss gently to coat.
- Serve warm or at room temperature.

Nutrition Facts



■ PROTEIN 11.97% ■ FAT 20.54% ■ CARBS 67.49%

Properties

Glycemic Index:51.71, Glycemic Load:29.82, Inflammation Score:-8, Nutrition Score:14.715217507404%

Flavonoids

Apigenin: 3.42mg, Apigenin: 3.42mg, Apigenin: 3.42mg, Apigenin: 3.42mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 263.39kcal (13.17%), Fat: 6.08g (9.35%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 40.42g (14.7%), Sugar: 16.07g (17.86%), Cholesterol: 98.57mg (32.86%), Sodium: 256.82mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Vitamin C: 36.34mg (44.05%), Vitamin A: 1631.36IU (32.63%), Vitamin K: 30.91µg (29.44%), Vitamin B6: 0.58mg (29.2%), Potassium: 819.79mg (23.42%), Fiber: 4.52g (18.1%), Manganese: 0.35mg (17.51%), Phosphorus: 165.12mg (16.51%), Selenium: 10.3µg (14.72%), Folate: 50.12µg (12.53%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.2mg (11.83%), Magnesium: 46.87mg (11.72%), Vitamin B3: 2.16mg (10.81%), Copper: 0.21mg (10.62%), Iron: 1.87mg (10.37%), Vitamin B5: 0.97mg (9.69%), Zinc: 0.96mg (6.43%), Calcium: 50.93mg (5.09%), Vitamin B12: 0.29µg (4.85%), Vitamin D: 0.56µg (3.72%), Vitamin E: 0.4mg (2.7%)