



Potato and Bacon Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon
- 3 stalks celery minced
- 2 tablespoons dijon mustard to taste
- 5 eggs
- 2 tablespoons parsley fresh chopped
- 1 cup mayonnaise
- 2 pounds potatoes
- 8 servings salt and pepper to taste

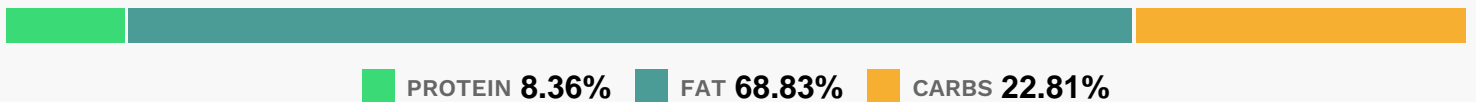
Equipment

- bowl
- frying pan
- sauce pan
- pot
- microwave

Directions

- Place the potatoes in a pot with enough water to cover, and bring to a boil. Cook for about 20 minutes, or until tender.
- Drain and cool.
- Meanwhile, place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, and place in a bowl of cold water to cool.
- Peel the eggs, and place 3 of them into a large bowl. Reserve the rest for later. Mash the eggs in the bowl with a fork. Stir in the mustard, mayonnaise, celery, salt and pepper. Set aside.
- Cook bacon slices in the microwave for about 4 minutes, until crisp, or fry in a skillet over medium-high heat. Crumble 2 of the bacon slices into the mayonnaise mixture. Reserve the rest for garnish.
- Peel and chop the potatoes, and stir into the bowl until evenly coated. Slice the 2 remaining eggs, and place on top of the salad. Crumble the remaining bacon over the eggs, then sprinkle parsley over the top.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:14.67, Inflammation Score:-4, Nutrition Score:13.00173917024%

Flavonoids

Apigenin: 2.58mg, Apigenin: 2.58mg, Apigenin: 2.58mg, Apigenin: 2.58mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 367.66kcal (18.38%), Fat: 28.19g (43.37%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 18.09g (6.58%), Sugar: 1.41g (1.57%), Cholesterol: 121.32mg (40.44%), Sodium: 544.07mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin K: 68.73µg (65.46%), Vitamin C: 24.15mg (29.27%), Vitamin B6: 0.43mg (21.37%), Selenium: 12.97µg (18.53%), Potassium: 592.94mg (16.94%), Phosphorus: 149.04mg (14.9%), Fiber: 2.93g (11.72%), Vitamin B2: 0.19mg (11.07%), Manganese: 0.22mg (10.88%), Folate: 39.65µg (9.91%), Vitamin B1: 0.15mg (9.73%), Vitamin B5: 0.92mg (9.19%), Iron: 1.62mg (9.02%), Vitamin E: 1.33mg (8.85%), Magnesium: 34.94mg (8.73%), Vitamin B3: 1.74mg (8.7%), Copper: 0.16mg (8.09%), Vitamin A: 327.29IU (6.55%), Zinc: 0.91mg (6.07%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.65µg (4.33%), Calcium: 41.66mg (4.17%)