



Potato and Blue Cheese Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 8 slices bacon
- ☐ 2.5 ounces cheese blue crumbled
- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 hardboiled eggs grated
- ☐ 2 teaspoons honey

- ☐ 2 teaspoons lemon zest grated
- ☐ 0.7 cup olive oil
- ☐ 3 pounds potatoes – remove skin quartered
- ☐ 12 the of 1 cos lettuce
- ☐ 0.3 cup shallots minced

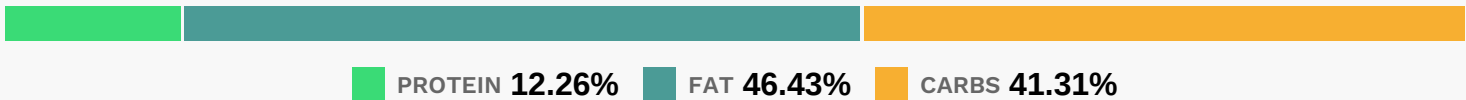
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk oil, vinegar, shallots, parsley, 1 tablespoon chives, mustard, honey and lemon peel in large bowl until well blended. Season dressing to taste with salt and pepper.
- ☐ Cook potatoes in large pot of boiling salted water until just tender, about 8 minutes.
- ☐ Drain.
- ☐ Add warm potatoes to dressing; toss to combine. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Cook bacon in large skillet over medium heat until crisp.
- ☐ Drain on paper towels. Crumble into small pieces. Arrange lettuce around edge of platter; mound potato salad in center.
- ☐ Sprinkle with bacon, blue cheese, egg and remaining 1/4 cup chives.

Nutrition Facts



Properties

Glycemic Index:32.28, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:18.126521597738%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 305.14kcal (15.26%), Fat: 15.98g (24.59%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 27.82g (10.12%), Sugar: 4.93g (5.47%), Cholesterol: 44.48mg (14.83%), Sodium: 311.72mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.99%), Vitamin A: 3838.66IU (76.77%), Vitamin K: 59.47µg (56.64%), Potassium: 992.2mg (28.35%), Folate: 97.58µg (24.39%), Vitamin C: 18.44mg (22.36%), Vitamin B6: 0.43mg (21.5%), Phosphorus: 200.97mg (20.1%), Manganese: 0.37mg (18.38%), Fiber: 4.17g (16.69%), Vitamin B1: 0.24mg (16.3%), Vitamin B3: 3.1mg (15.52%), Copper: 0.27mg (13.64%), Selenium: 9.41µg (13.44%), Magnesium: 52.07mg (13.02%), Iron: 2.05mg (11.38%), Vitamin B2: 0.17mg (9.96%), Vitamin B5: 0.93mg (9.3%), Calcium: 88.33mg (8.83%), Zinc: 1.28mg (8.51%), Vitamin E: 0.79mg (5.24%), Vitamin B12: 0.29µg (4.79%), Vitamin D: 0.27µg (1.8%)