



Potato, Bacon, and Chive Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 0.5 cup beef broth canned
- ☐ 0.8 cup chives fresh chopped
- ☐ 1 medium onion chopped
- ☐ 2 pounds potatoes (2-inch-diameter)
- ☐ 0.5 cup citrus champagne vinegar

Equipment

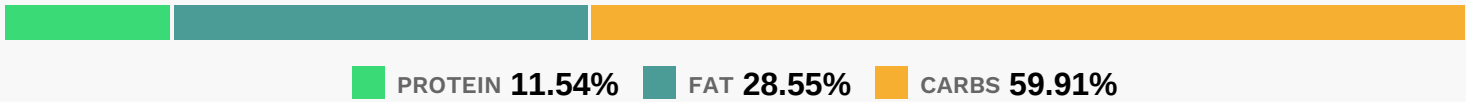
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook potatoes in large saucepan of boiling salted water until tender, about 30 minutes.
- ☐ Drain. Cool 15 minutes. Peel while still warm, then cut into 1/3-inch-thick slices.
- ☐ Transfer to medium bowl.
- ☐ Meanwhile, cook bacon in medium skillet over medium-high heat until beginning to brown, about 5 minutes.
- ☐ Add onion; reduce heat to medium-low. Sauté onion until translucent, about 3 minutes.
- ☐ Add broth and vinegar; bring to boil.
- ☐ Pour hot dressing over potatoes; toss gently. Fold in 1/2 cup chives. Season with salt and pepper.
- ☐ Let stand until broth mixture is absorbed, occasionally tossing gently, about 30 minutes.
- ☐ Sprinkle salad with 1/4 cup chives. Toss gently and serve.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:29.63, Inflammation Score:-6, Nutrition Score:15.130434824073%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 287.4kcal (14.37%), Fat: 9.08g (13.98%), Saturated Fat: 3.04g (19%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 37.25g (13.54%), Sugar: 3.07g (3.42%), Cholesterol: 14.52mg (4.84%), Sodium: 274.56mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Vitamin C: 51.22mg (62.09%), Vitamin B6: 0.77mg (38.7%), Potassium: 1088.57mg (31.1%), Fiber: 5.64g (22.58%), Manganese: 0.43mg (21.48%), Vitamin K: 20.39µg (19.42%), Phosphorus: 179.57mg (17.96%), Vitamin B3: 3.59mg (17.95%), Vitamin B1: 0.26mg (17.42%),

Magnesium: 62.5mg (15.62%), Copper: 0.28mg (13.98%), Folate: 49.99µg (12.5%), Iron: 2.22mg (12.35%), Vitamin B5: 0.86mg (8.58%), Selenium: 5.52µg (7.88%), Vitamin A: 339.7IU (6.79%), Zinc: 1.01mg (6.77%), Vitamin B2: 0.11mg (6.63%), Calcium: 45.13mg (4.51%), Vitamin B12: 0.13µg (2.18%)