



Potato Salad



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



669 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon chopped
- ☐ 2 hardboiled eggs chopped
- ☐ 0.8 cup mayonnaise
- ☐ 1 onion diced red
- ☐ 2 pounds potatoes red scrubbed quartered
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 6 scallions chopped

- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons whole-grain mustard

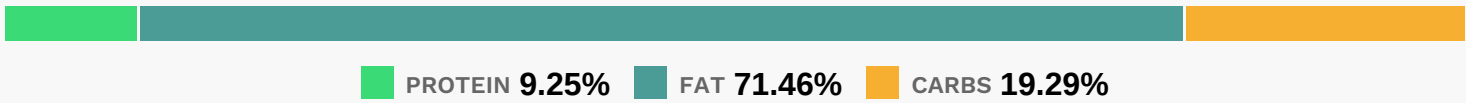
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Place potatoes in cold water in a medium saucepan. Bring to a boil and turn down the heat to medium, letting them cook until fork tender, about 15 minutes. In a skillet, saute bacon on low heat until crispy.
- ☐ Place bacon on a paper towel and discard the grease.
- ☐ Drain the potatoes, but DO NOT rinse them under cold water. Rather let them cool for about 6 to 8 minutes on a sheet pan. In a small bowl combine vinegar, mayonnaise, mustard, scallions, onion, sugar, and salt and pepper.
- ☐ Transfer potatoes to a mixing bowl and sprinkle bacon and hard boiled eggs over them. Then fold mayonnaise mixture into the potatoes and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:3.46, Inflammation Score:-5, Nutrition Score:17.577391168346%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 669.42kcal (33.47%), Fat: 53.24g (81.9%), Saturated Fat: 13.96g (87.22%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 28.83g (10.48%), Sugar: 7.45g (8.28%), Cholesterol: 123.82mg (41.27%), Sodium: 1005.53mg (43.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.01%), Vitamin K: 75.1µg (71.52%), Selenium: 24.47µg (34.95%), Potassium: 937.44mg (26.78%), Vitamin B6: 0.51mg (25.75%), Phosphorus: 253.9mg (25.39%), Vitamin B1: 0.37mg (24.94%), Vitamin B3: 4.91mg (24.57%), Vitamin C: 16.67mg (20.21%), Manganese: 0.3mg (15.24%), Fiber: 3.52g (14.07%), Copper: 0.27mg (13.27%), Magnesium: 52.32mg (13.08%), Vitamin B2: 0.22mg (12.89%), Folate: 47.64µg (11.91%), Vitamin B5: 1.18mg (11.77%), Zinc: 1.74mg (11.58%), Iron: 2.03mg (11.29%), Vitamin E: 1.53mg (10.17%), Vitamin B12: 0.6µg (9.94%), Vitamin A: 268.75IU (5.38%), Vitamin D: 0.73µg (4.83%), Calcium: 47.51mg (4.75%)