



Quick Potato Salad from Hidden Valley®

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- 0.8 cup bacon dressing hidden valley® original ranch®
- 2 tablespoons chives fresh chopped
- 0.5 cup green onion sliced
- 2 pounds new potatoes red cooked cut into 1-inch cubes
- 0.3 teaspoon salt
- 4 servings salt and pepper to taste

Equipment

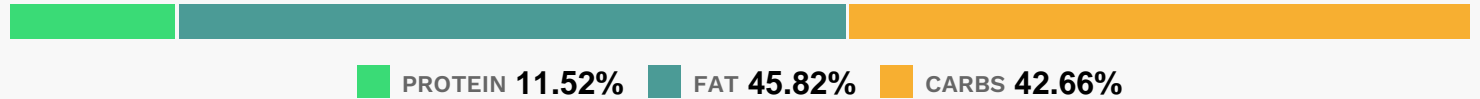
- bowl

pot

Directions

- In a large pot, add the potatoes and enough water to cover.
- Add the salt and bring the water to a boil. Cook the potatoes for 10 to 15 minutes or until tender when pierced with a fork.
- Drain and set aside to cool slightly.
- In a large bowl, mix the potatoes, green onion, and dressing together until well coated. Chill covered for at least 1 hour.
- Season with salt to taste and serve garnished with chives and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:14.265652324842%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 348.19kcal (17.41%), Fat: 17.96g (27.63%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 33.39g (12.14%), Sugar: 3.24g (3.61%), Cholesterol: 29.28mg (9.76%), Sodium: 675.67mg (29.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.33%), Vitamin K: 35.65µg (33.95%), Potassium: 1158.77mg (33.11%), Vitamin C: 22.73mg (27.55%), Vitamin B6: 0.51mg (25.66%), Vitamin B3: 4.47mg (22.33%), Vitamin B1: 0.31mg (20.95%), Phosphorus: 207.72mg (20.77%), Manganese: 0.35mg (17.56%), Fiber: 4.22g (16.87%), Copper: 0.34mg (16.78%), Magnesium: 58.36mg (14.59%), Selenium: 10.14µg (14.49%), Folate: 50.4µg (12.6%), Iron: 2.05mg (11.39%), Vitamin B5: 0.89mg (8.93%), Zinc: 1.33mg (8.87%), Vitamin B2: 0.12mg (6.94%), Vitamin A: 222.21IU (4.44%), Vitamin B12: 0.22µg (3.7%), Calcium: 35.49mg (3.55%), Vitamin E: 0.29mg (1.9%), Vitamin D: 0.18µg (1.18%)