



WHATSheATE



Red Potato Salad With Bacon



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces bacon (2 or 3 strips)
- ☐ 1 cup bell pepper chopped (any color or a combination)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings pepper freshly ground
- ☐ 0.3 cup onion red minced
- ☐ 3 tablespoons red wine vinegar

- ☐ 1.3 pounds red-skinned potatoes cubed unpeeled
- ☐ 6 servings salt
- ☐ 0.3 cup scallions sliced (2 scallions)

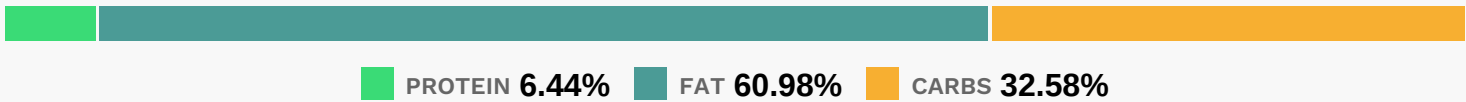
Equipment

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

Directions

- ☐ Put the potatoes in a large pot; add water just to cover and season with 1/4 teaspoon salt. Bring to a boil over medium-high heat and cook until tender, 8 to 10 minutes.
- ☐ Drain and cool slightly.
- ☐ Meanwhile, cook the bacon in a large skillet until crisp.
- ☐ Drain on paper towels and finely chop.
- ☐ In a large bowl, combine the potatoes, chopped bacon, bell pepper, onion and scallions.
- ☐ In a small bowl, whisk the olive oil, vinegar, mustard, mayonnaise, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Pour over the potato mixture, tossing gently to coat. Cover and refrigerate or serve at room temperature.
- ☐ Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:9.6652174812296%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 214.64kcal (10.73%), Fat: 14.81g (22.78%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 15.32g (5.57%), Sugar: 2.69g (2.99%), Cholesterol: 7.22mg (2.41%), Sodium: 318.4mg (13.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin C: 41.24mg (49.99%), Vitamin K: 22.03µg (20.98%), Vitamin A: 833.16IU (16.66%), Potassium: 530.91mg (15.17%), Vitamin B6: 0.27mg (13.54%), Vitamin E: 1.85mg (12.33%), Manganese: 0.2mg (10.23%), Fiber: 2.48g (9.93%), Vitamin B3: 1.75mg (8.77%), Phosphorus: 85.13mg (8.51%), Vitamin B1: 0.13mg (8.43%), Folate: 32.67µg (8.17%), Copper: 0.15mg (7.27%), Magnesium: 28.1mg (7.03%), Iron: 1.05mg (5.84%), Selenium: 3.36µg (4.81%), Vitamin B5: 0.42mg (4.19%), Vitamin B2: 0.07mg (3.85%), Zinc: 0.54mg (3.58%), Calcium: 19.06mg (1.91%)