



Red Potato Salad with Dijon Dressing

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



67 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.3 cup knudsen cream sour
- 2 Tbsp grey poupon dijon mustard
- 1 green onion sliced
- 2 lb potatoes red cooked quartered
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 1 large tomatoes seeded chopped

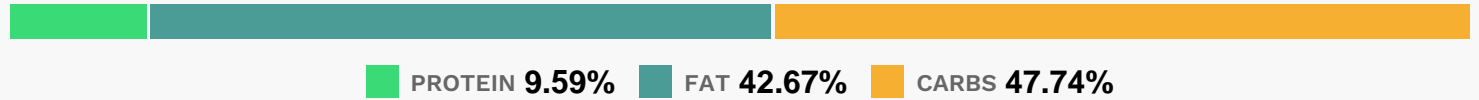
Equipment

bowl

Directions

- Mix mayo, sour cream and mustard in large bowl.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.9178260859588%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 67.42kcal (3.37%), Fat: 3.27g (5.03%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.26g (2.64%), Sugar: 1.09g (1.21%), Cholesterol: 5.2mg (1.73%), Sodium: 86.11mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Potassium: 245.32mg (7.01%), Vitamin C: 5.29mg (6.41%), Vitamin K: 5.35µg (5.09%), Vitamin B6: 0.1mg (4.94%), Manganese: 0.08mg (4.13%), Phosphorus: 40.78mg (4.08%), Fiber: 0.96g (3.84%), Vitamin B3: 0.77mg (3.83%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.54%), Magnesium: 12.71mg (3.18%), Selenium: 1.83µg (2.61%), Folate: 10.34µg (2.59%), Iron: 0.41mg (2.3%), Vitamin A: 108.18IU (2.16%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.24mg (1.61%), Vitamin B2: 0.03mg (1.51%), Vitamin E: 0.17mg (1.16%), Calcium: 10.17mg (1.02%)