



Roasted New Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon coarse salt
- ☐ 8 bacon crumbled crisp cooked
- ☐ 2 teaspoons garlic minced
- ☐ 1 bunch green onions chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 cup ranch dressing prepared
- ☐ 2 pounds potatoes diced red

- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 medium size onion sweet chopped

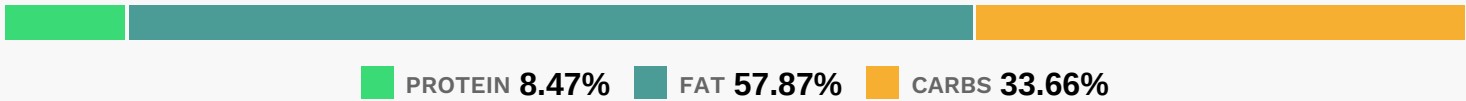
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place oil in a 15- x 10-inch jellyroll pan; add potatoes and the next 4 ingredients, tossing to coat. Arrange potato mixture in a single layer.
- ☐ Bake at 425 for 30 to 35 minutes or until potatoes are tender, stirring occasionally.
- ☐ Transfer to a large bowl.
- ☐ Toss together potatoes, bacon, green onions, and dressing.
- ☐ Add salt and pepper to taste.
- ☐ Serve immediately or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:12.104347761558%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 338.03kcal (16.9%), Fat: 22.01g (33.87%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 25.82g (9.39%), Sugar: 4.85g (5.38%), Cholesterol: 18.36mg (6.12%), Sodium: 1061.23mg

(46.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Vitamin K: 56.05µg (53.38%), Potassium: 810.63mg (23.16%), Phosphorus: 200.14mg (20.01%), Vitamin B6: 0.37mg (18.71%), Vitamin C: 15.39mg (18.66%), Manganese: 0.29mg (14.75%), Vitamin B3: 2.94mg (14.7%), Vitamin B1: 0.2mg (13.49%), Copper: 0.24mg (12.2%), Fiber: 2.99g (11.94%), Selenium: 7.53µg (10.75%), Magnesium: 41.9mg (10.48%), Vitamin E: 1.43mg (9.52%), Folate: 37.38µg (9.34%), Iron: 1.49mg (8.28%), Vitamin B5: 0.82mg (8.19%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.94mg (6.29%), Calcium: 36.04mg (3.6%), Vitamin B12: 0.17µg (2.79%), Vitamin A: 67.09IU (1.34%)