



Roasted Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 4 bacon crumbled cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup green onions chopped
- ☐ 2 teaspoons olive oil
- ☐ 4 pounds potatoes red quartered

☐ 0.3 teaspoon salt

Equipment

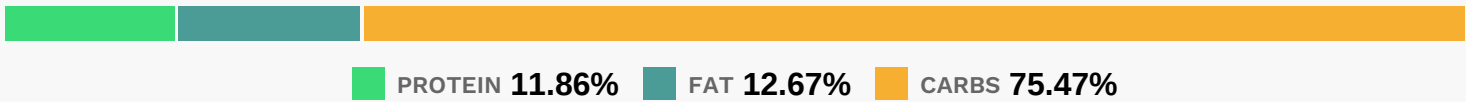
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ To prepare potatoes, combine first 3 ingredients. Arrange evenly on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 30 minutes or until tender.
- ☐ Let cool.
- ☐ Combine potatoes, onions, parsley, and bacon.
- ☐ To prepare vinaigrette, combine vinegar and remaining ingredients in a jar. Cover tightly; shake vigorously.
- ☐ Add vinaigrette to potato mixture; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:12.896521588383%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 194.85kcal (9.74%), Fat: 2.82g (4.33%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 33.54g (12.2%), Sugar: 3.86g (4.29%), Cholesterol: 3.96mg (1.32%), Sodium: 204.56mg (8.89%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 51.1µg (48.67%), Potassium: 1089.62mg (31.13%), Vitamin C: 23.18mg (28.1%), Vitamin B6: 0.41mg (20.71%), Manganese: 0.36mg (18.21%), Fiber: 4.19g (16.77%), Phosphorus: 160.44mg (16.04%), Copper: 0.32mg (16.02%), Vitamin B3: 3.1mg (15.48%), Vitamin B1: 0.21mg (14.32%), Magnesium: 55.04mg (13.76%), Folate: 47.83µg (11.96%), Iron: 1.99mg (11.04%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.93mg (6.22%), Selenium: 3.85µg (5.49%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 239.63IU (4.79%), Calcium: 33.35mg (3.33%), Vitamin E: 0.24mg (1.6%)