



Roasted Potato Salad with Balsamic-Bacon Vinaigrette

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baby potatoes red cut in half
- ☐ 8 ounces bacon
- ☐ 0.3 cup balsamic vinegar
- ☐ 5 hardboiled eggs roughly chopped
- ☐ 0.5 cup garlic minced
- ☐ 0.5 cup olive oil
- ☐ 1 bunch parsley minced

- ☐ 1 large onion red cut into 1/2-inch dice
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon seafood seasoning

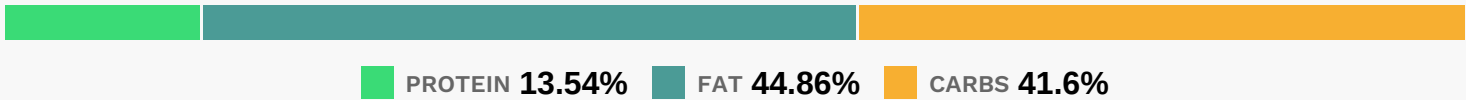
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Toss halved potatoes with 1/2 cup olive oil, 1/2 cup garlic, and seafood seasoning.
- ☐ Place in a single layer onto baking sheets and bake in preheated oven until tender and golden brown, 30 to 40 minutes, depending on the size of the potatoes. Once cooked, remove from the oven and allow to cool slightly.
- ☐ Meanwhile, place bacon in a large, deep skillet. Cook over medium heat until evenly browned and crispy.
- ☐ Pour off bacon grease and reserve. Allow the bacon slices to cool, then crumble and set aside.
- ☐ Whisk together balsamic vinegar, garlic, salt, and pepper in a large bowl.
- ☐ Pour in the oil in a slow, steady stream while whisking vigorously to make a vinaigrette. Toss the roasted potatoes together with the vinaigrette and reserved bacon grease. Fold in red onion, parsley, and eggs. Allow to stand at room temperature 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:23.57, Inflammation Score:-7, Nutrition Score:20.686956467836%

Flavonoids

Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 350.78kcal (17.54%), Fat: 17.57g (27.03%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 32.22g (11.72%), Sugar: 3.61g (4.01%), Cholesterol: 135.27mg (45.09%), Sodium: 438.43mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.87%), Vitamin K: 126.03µg (120.03%), Vitamin C: 46.71mg (56.62%), Vitamin B6: 0.75mg (37.5%), Potassium: 917.66mg (26.22%), Selenium: 17.15µg (24.5%), Manganese: 0.49mg (24.4%), Phosphorus: 215.02mg (21.5%), Fiber: 4.45g (17.78%), Vitamin B1: 0.27mg (17.71%), Vitamin A: 790.8IU (15.82%), Vitamin B3: 3.14mg (15.68%), Vitamin B2: 0.26mg (15.22%), Iron: 2.68mg (14.89%), Folate: 55.35µg (13.84%), Magnesium: 54.79mg (13.7%), Copper: 0.25mg (12.38%), Vitamin B5: 1.19mg (11.94%), Zinc: 1.38mg (9.18%), Vitamin B12: 0.49µg (8.14%), Calcium: 73.11mg (7.31%), Vitamin E: 0.92mg (6.13%), Vitamin D: 0.8µg (5.34%)