



## Roasted Potato Salad with Mustard Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

### Ingredients

- ☐ 2 slices bacon uncooked chopped ()
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1.5 tablespoons honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons mayonnaise reduced-fat

- ☐ 1 tablespoon olive oil
- ☐ 3 pounds potatoes – remove skin red cut into 1-inch pieces
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 2 cups onion diced sweet ( 2 medium)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a large bowl; toss to coat. Arrange potatoes in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 40 minutes or until potatoes are tender, stirring once.
- ☐ Transfer potatoes to a large bowl.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside.
- ☐ Add onion to drippings in pan; cook 15 minutes or until golden brown and caramelized, stirring frequently.
- ☐ Add garlic to pan; cook 30 seconds.
- ☐ Add onion mixture and bacon to potatoes; toss gently.
- ☐ Let stand 15 minutes.
- ☐ Combine mustard, mayonnaise, honey, and vinegar in a small bowl; stir with a whisk.
- ☐ Add mustard mixture and parsley to potato mixture; toss gently.

## Nutrition Facts



## Properties

Glycemic Index:22.28, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:10.99086949618%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

## Nutrients (% of daily need)

Calories: 197.59kcal (9.88%), Fat: 5.21g (8.01%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 30.99g (11.27%), Sugar: 7.67g (8.52%), Cholesterol: 4.19mg (1.4%), Sodium: 308.08mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin K: 39.65µg (37.76%), Potassium: 865.19mg (24.72%), Vitamin C: 19.33mg (23.43%), Manganese: 0.38mg (18.93%), Vitamin B6: 0.37mg (18.66%), Fiber: 3.71g (14.82%), Copper: 0.27mg (13.55%), Phosphorus: 132.49mg (13.25%), Vitamin B1: 0.18mg (12.26%), Magnesium: 46.63mg (11.66%), Vitamin B3: 2.3mg (11.51%), Folate: 43.39µg (10.85%), Iron: 1.68mg (9.34%), Selenium: 4.32µg (6.18%), Vitamin B5: 0.58mg (5.85%), Zinc: 0.76mg (5.08%), Vitamin B2: 0.07mg (4.35%), Vitamin A: 181.54IU (3.63%), Calcium: 35.71mg (3.57%), Vitamin E: 0.42mg (2.78%)