



Roasted Red Potato Salad



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 0.5 stalk celery chopped
- ☐ 3 slices bacon cooked chopped
- ☐ 0.3 cup green onion chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 3 hard-cooked eggs chopped
- ☐ 1 cup mayonnaise
- ☐ 10 potatoes red cut into bite-size pieces

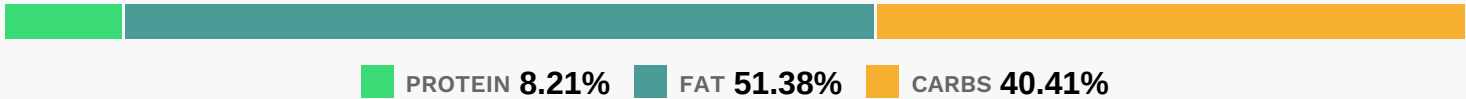
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spread potato pieces onto a baking sheet and drizzle with olive oil.
- ☐ Roast in the preheated oven until tender, about 45 minutes; remove from oven and let cool at least 15 minutes.
- ☐ Place roasted potatoes into a large salad bowl and combine with hard-cooked eggs, celery, green onion, and bacon; stir in mayonnaise and season to taste with salt and black pepper. Cover and refrigerate for 1 hour to let flavors blend.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:16.142173787822%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 421.48kcal (21.07%), Fat: 24.37g (37.5%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 38.45g (13.98%), Sugar: 3.91g (4.35%), Cholesterol: 84.67mg (28.22%), Sodium: 301.89mg (13.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin K: 60.78µg (57.89%), Potassium: 1272.09mg (36.35%), Vitamin C: 23.56mg (28.56%), Vitamin B6: 0.5mg (24.88%), Phosphorus: 214.1mg (21.41%), Manganese: 0.4mg (20.16%), Fiber: 4.67g (18.69%), Copper: 0.37mg (18.62%), Vitamin B3: 3.41mg (17.06%), Vitamin B1: 0.25mg (16.67%), Magnesium: 62.73mg (15.68%), Folate: 60.49µg (15.12%), Selenium: 9.3µg (13.29%), Iron: 2.32mg (12.86%), Vitamin B2: 0.2mg (11.48%), Vitamin B5: 1.1mg (10.97%), Zinc: 1.23mg (8.17%), Vitamin E: 1.18mg (7.84%), Vitamin B12: 0.27µg (4.57%), Calcium: 42.26mg (4.23%), Vitamin A: 178.38IU (3.57%), Vitamin D: 0.48µg (3.2%)