



Skinny Hot German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- 6 medium potatoes – remove skin red unpeeled
- 3 slices bacon
- 1 tablespoon canola oil
- 0.8 cup onion chopped
- 1 tablespoon flour all-purpose
- 1 tablespoon sugar
- 0.5 teaspoon salt
- 0.5 teaspoon celery seed

- 0.1 teaspoon pepper
- 0.8 cup water
- 0.3 cup apple cider vinegar
- 2 teaspoons dijon mustard
- 2 tablespoons parsley fresh chopped

Equipment

- frying pan
- paper towels
- sauce pan

Directions

- In 4-quart saucepan, place potatoes.
- Add water just to cover.
- Heat to boiling; reduce heat to low. Simmer covered, 25 to 30 minutes or until tender.
- Drain; cool slightly.
- Cut into slices.
- Meanwhile, in 12-inch nonstick skillet, cook bacon over medium heat until crisp.
- Drain on paper towels. Chop bacon; set aside.
- Remove and discard bacon drippings from skillet.
- Add oil; heat over medium heat.
- Add onions; cook 3 to 4 minutes, stirring frequently, until tender. Stir in flour, sugar, salt, celery seed and pepper. Gradually stir in water, vinegar and mustard. Cook over medium heat 2 to 3 minutes, stirring constantly, until bubbly and thickened.
- Stir in potatoes and bacon. Cook, stirring frequently, until thoroughly heated. To serve, sprinkle with parsley.

Nutrition Facts

 PROTEIN **9.66%**  FAT **26.29%**  CARBS **64.05%**

Properties

Glycemic Index:38.51, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:8.9308695443299%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 5.36g (8.25%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 26.28g (9.56%), Sugar: 4.25g (4.73%), Cholesterol: 5.45mg (1.82%), Sodium: 245.35mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Potassium: 781.19mg (22.32%), Vitamin K: 22.41µg (21.35%), Vitamin C: 16.2mg (19.64%), Vitamin B6: 0.31mg (15.74%), Manganese: 0.29mg (14.56%), Fiber: 3.11g (12.42%), Phosphorus: 117.95mg (11.8%), Copper: 0.23mg (11.68%), Vitamin B1: 0.17mg (11.34%), Vitamin B3: 2.26mg (11.32%), Magnesium: 40.14mg (10.04%), Folate: 34.95µg (8.74%), Iron: 1.43mg (7.96%), Vitamin B5: 0.52mg (5.22%), Selenium: 3.31µg (4.73%), Zinc: 0.69mg (4.6%), Vitamin B2: 0.07mg (3.96%), Calcium: 25.79mg (2.58%), Vitamin E: 0.37mg (2.5%), Vitamin A: 99.9IU (2%)