



## Sliced Potatoes with Bacon and Parsley

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



385 kcal

SIDE DISH

### Ingredients

- 0.5 cup apple cider vinegar
- 1 pound bacon cut into 1/2 inch pieces
- 2 cups beef broth
- 2 teaspoons coarse salt
- 0.5 cup parsley fresh chopped
- 1 cup onion diced
- 1 tablespoon granulated sugar white
- 4 pounds yukon gold potatoes peeled sliced

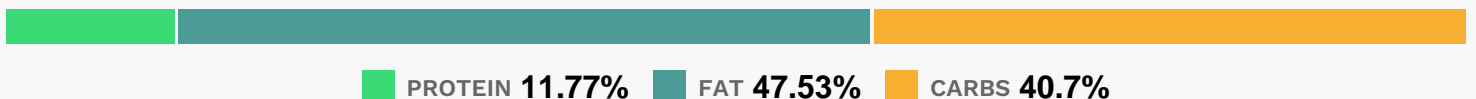
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- knife
- pot
- slotted spoon

## Directions

- Place potatoes in a large pot with enough water to cover by several inches. Bring to a boil over high heat, add 1 tablespoon salt, and reduce to a gentle boil. Cook until potatoes are just tender when pierced with a knife. Do not overcook.
- Drain, cool, and transfer to a bowl.
- While the potatoes cook, combine the vinegar, sugar, and remaining salt in a small saucepan and place over medium heat until sugar is dissolved.
- Drizzle over the potatoes, and gently toss to coat.
- Saute bacon in a large skillet placed over medium-low heat, stirring frequently until browned and crisp.
- Remove with a slotted spoon; drain on paper towels.
- Drain excess fat from skillet, leaving a thin coat of bacon grease in skillet.
- Saute onions in skillet with the reserved bacon grease until translucent but not browned.
- Pour in the beef broth and bring to a boil over high heat. Reduce heat to a simmer and cook until reduced by half; about 20 minutes.
- Pour the broth mixture over the potatoes, and sprinkle with the bacon and chopped parsley. Gently stir, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.09, Glycemic Load:27.16, Inflammation Score:-6, Nutrition Score:16.927825974381%

## Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

## Nutrients (% of daily need)

Calories: 385.36kcal (19.27%), Fat: 20.35g (31.31%), Saturated Fat: 6.82g (42.65%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 34.36g (12.49%), Sugar: 3.74g (4.15%), Cholesterol: 33.26mg (11.09%), Sodium: 1064.17mg (46.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.67%), Vitamin K: 58.57µg (55.78%), Vitamin C: 45.46mg (55.11%), Vitamin B6: 0.76mg (37.92%), Potassium: 1031.56mg (29.47%), Vitamin B3: 4.63mg (23.16%), Vitamin B1: 0.31mg (20.83%), Phosphorus: 202.57mg (20.26%), Fiber: 4.85g (19.39%), Manganese: 0.38mg (19.1%), Selenium: 11.22µg (16.03%), Magnesium: 57.6mg (14.4%), Copper: 0.25mg (12.62%), Iron: 2.15mg (11.92%), Folate: 41.77µg (10.44%), Vitamin B5: 0.92mg (9.22%), Zinc: 1.25mg (8.35%), Vitamin B2: 0.12mg (7.34%), Vitamin A: 303.84IU (6.08%), Vitamin B12: 0.29µg (4.82%), Calcium: 39.86mg (3.99%), Vitamin E: 0.27mg (1.77%), Vitamin D: 0.2µg (1.34%)