



Slow-Cooker German Potato Salad



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



12

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb bacon chopped
- ☐ 1.3 cups onion chopped (3 medium)
- ☐ 1.3 cups celery chopped (5 medium stalks)
- ☐ 1.5 teaspoons salt
- ☐ 0.8 teaspoon celery seed
- ☐ 0.5 teaspoon pepper
- ☐ 2 lb potatoes – remove skin red cut into 1/4-inch slices (2 to 3 inch in diameter)
- ☐ 1 cup chicken broth (from 32-oz carton)

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 tablespoons parsley fresh chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Cook bacon in 12-inch skillet over medium-high heat, stirring frequently, until brown and crisp; remove from skillet with slotted spoon and drain on paper towels. Cook onions and celery in bacon drippings 5 to 8 minutes over medium-high heat, stirring frequently, until crisp-tender.
- ☐ Sprinkle with salt, celery seed and pepper. Cover and refrigerate bacon.
- ☐ Layer half each of the potatoes and onion mixture in 3- to 4-quart slow cooker. Repeat layers.
- ☐ Pour broth over top.
- ☐ Cover and cook on Low heat setting 5 to 6 hours.
- ☐ Remove potatoes from cooker, using slotted spoon.
- ☐ Mix sugar, cornstarch and vinegar in small bowl; stir into liquid in cooker. Stir in bacon. Gently fold in potatoes. Increase heat setting to High. Cover and cook 20 to 30 minutes or until potatoes have thickened.
- ☐ Sprinkle with parsley. Potato salad will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:3.33, Inflammation Score:-3, Nutrition Score:6.038260916005%

Flavonoids

Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 164.15kcal (8.21%), Fat: 7.74g (11.9%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 17.97g (6.53%), Sugar: 6.09g (6.77%), Cholesterol: 12.87mg (4.29%), Sodium: 512.15mg (22.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin K: 16.41µg (15.63%), Potassium: 446.98mg (12.77%), Vitamin C: 8.97mg (10.87%), Vitamin B6: 0.21mg (10.43%), Manganese: 0.19mg (9.26%), Vitamin B3: 1.74mg (8.69%), Vitamin B1: 0.13mg (8.56%), Phosphorus: 83.25mg (8.32%), Fiber: 1.81g (7.23%), Copper: 0.13mg (6.39%), Selenium: 4.47µg (6.38%), Magnesium: 23.24mg (5.81%), Folate: 21.6µg (5.4%), Iron: 0.83mg (4.59%), Vitamin B2: 0.06mg (3.69%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.55mg (3.66%), Vitamin A: 116.93IU (2.34%), Calcium: 21.42mg (2.14%), Vitamin B12: 0.1µg (1.64%)