



Spanish Potato Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 1 small apples
- ☐ 2 ounce olives black chopped canned
- ☐ 8 slices bacon crumbled cooked
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 1.5 pounds potatoes
- ☐ 0.3 cup onion diced red

- ☐ 6 servings salt to taste
- ☐ 0.3 cup citrus champagne vinegar

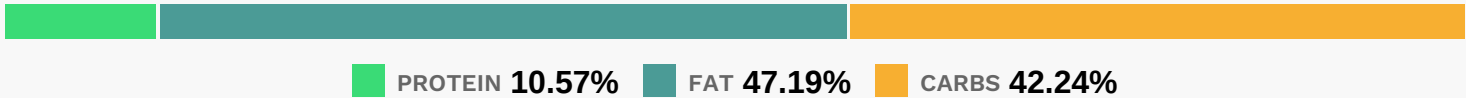
Equipment

- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes; drain and cool.
- ☐ Cut each potato lengthwise into 1 inch spears.
- ☐ Place spears in 9x13 inch baking dish.
- ☐ Prepare the marinade by whisking together the white wine vinegar, olive oil, garlic, salt and pepper. Reserve 1 tablespoon and pour the remainder over the potatoes and turn gently to coat. Cover and refrigerate until chilled.
- ☐ Remove potatoes from refrigerator and bring to room temperature. Arrange potato spears on serving platter.
- ☐ Core apple and finely chop; add to reserved marinade. Stir in bacon (or ham), olives and onion. Spoon over potatoes and serve.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:15.66, Inflammation Score:-3, Nutrition Score:8.7452174438083%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

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Nutrients (% of daily need)

Calories: 232.83kcal (11.64%), Fat: 12.35g (19%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 21.3g (7.75%), Sugar: 3.81g (4.24%), Cholesterol: 10.56mg (3.52%), Sodium: 529.13mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin C: 24.35mg (29.52%), Vitamin B6: 0.43mg (21.28%), Potassium: 582.42mg (16.64%), Fiber: 3.58g (14.32%), Manganese: 0.24mg (11.89%), Vitamin B3: 2.38mg (11.88%), Phosphorus: 113.92mg (11.39%), Vitamin B1: 0.16mg (10.79%), Vitamin E: 1.47mg (9.82%), Selenium: 6.02µg (8.6%), Magnesium: 33.41mg (8.35%), Copper: 0.16mg (8.05%), Vitamin K: 7.36µg (7.01%), Iron: 1.21mg (6.72%), Folate: 20.5µg (5.12%), Vitamin B5: 0.49mg (4.89%), Zinc: 0.7mg (4.66%), Vitamin B2: 0.07mg (4.2%), Calcium: 26.25mg (2.63%), Vitamin B12: 0.12µg (1.94%), Vitamin A: 57.9IU (1.16%)