



Sweet & White Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



1

CALORIES



1454 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 1 Tbsp grey poupon harvest coarse ground mustard
- 2 green onions sliced
- 0.3 tsp ground pepper red (cayenne)
- 1 Tbsp honey
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.8 lb new potatoes quartered (9)
- 0.8 lb sweet potatoes peeled cut into 1-inch chunks (1 large)

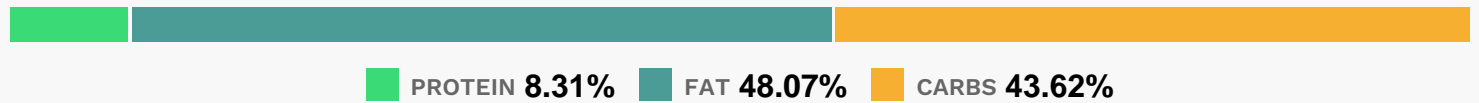
Equipment

- bowl
- sauce pan

Directions

- Bring 1-1/2 qt. water to boil in large saucepan.
- Add new potatoes; cook 3 min.
- Add sweet potatoes; cook 10 min. or until all potatoes are tender.
- Drain potatoes; place in large bowl. Cool.
- Mix mayo, mustard, honey and pepper.
- Add to potatoes with remaining ingredients; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:290.02, Glycemic Load:86.76, Inflammation Score:-10, Nutrition Score:51.740434874659%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 1453.62kcal (72.68%), Fat: 78.36g (120.56%), Saturated Fat: 21.62g (135.15%), Carbohydrates: 160.02g (53.34%), Net Carbohydrates: 140.9g (51.24%), Sugar: 38.92g (43.25%), Cholesterol: 105.04mg (35.01%), Sodium: 2177.41mg (94.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.96%), Vitamin A: 48834.58IU (976.69%), Vitamin K: 123µg (117.14%), Vitamin B6: 2.11mg (105.45%), Vitamin C: 80.2mg (97.22%), Potassium: 2983.48mg (85.24%), Manganese: 1.55mg (77.37%), Fiber: 19.12g (76.49%), Vitamin B1: 0.95mg (63.59%), Phosphorus: 587.92mg (58.79%), Vitamin B3: 11.08mg (55.38%), Selenium: 37.96µg (54.22%), Copper: 1mg (49.9%), Magnesium: 194.48mg (48.62%), Vitamin B5: 4.6mg (46.03%), Iron: 6.14mg (34.13%), Folate: 113.64µg (28.41%),

Vitamin E: 4.26mg (28.38%), Vitamin B2: 0.46mg (27.32%), Zinc: 3.89mg (25.93%), Calcium: 184.86mg (18.49%),
Vitamin B12: 0.66µg (11%), Vitamin D: 0.53µg (3.52%)