



Tangy German Potato Salad

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

Ingredients

- 1.8 pounds potatoes
- 8 slices bacon
- 1 small onion chopped
- 0.5 cup celery diced
- 3 tablespoons flour all-purpose
- 3 tablespoons sugar
- 0.3 teaspoon salt
- 1 serving bell pepper

- 0.8 cup water
- 0.5 cup vinegar

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Peel potatoes; place in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 30–40 minutes or until tender but firm.
- Meanwhile, in a large skillet, cook the bacon over medium heat until crisp.
- Remove to paper towels; drain, reserving 3 tablespoons drippings. When cool enough to handle, crumble bacon; set aside.
- In the drippings, saute onion and celery until tender. Stir in flour, sugar, salt and pepper until blended.
- Add water and vinegar. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Drain potatoes; slice and place in a large bowl.
- Add the bacon and sauce; toss gently to coat.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 10.36% **FAT 39.18%** **CARBS 50.46%**

Properties

Glycemic Index:61.64, Glycemic Load:23.62, Inflammation Score:-6, Nutrition Score:11.210869612901%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg,

Isorhamnetin: 0.58mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin:
3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 273.84kcal (13.69%), Fat: 11.88g (18.28%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 34.42g (11.47%),
Net Carbohydrates: 30.82g (11.21%), Sugar: 8.17g (9.07%), Cholesterol: 19.36mg (6.45%), Sodium: 308.75mg
(13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin C: 43.08mg (52.22%), Vitamin
B6: 0.53mg (26.32%), Potassium: 684.75mg (19.56%), Vitamin B1: 0.23mg (15.34%), Vitamin B3: 2.96mg (14.79%),
Fiber: 3.61g (14.42%), Manganese: 0.28mg (14.05%), Phosphorus: 131.18mg (13.12%), Selenium: 7.81µg (11.16%), Folate:
38.99µg (9.75%), Magnesium: 38.87mg (9.72%), Copper: 0.18mg (8.84%), Vitamin A: 440.29IU (8.81%), Iron: 1.43mg
(7.95%), Vitamin B5: 0.65mg (6.45%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.82mg (5.49%), Vitamin K: 5.65µg (5.38%),
Calcium: 27.11mg (2.71%), Vitamin B12: 0.15µg (2.44%), Vitamin E: 0.36mg (2.42%)