



Tangy Tater Salad

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 strips bacon chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon hungarian paprika
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons jalapeño peppers chopped
- ☐ 4 pounds potatoes red washed and cut into 2-inch cubes

- ☐ 3 scallions chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup citrus champagne vinegar

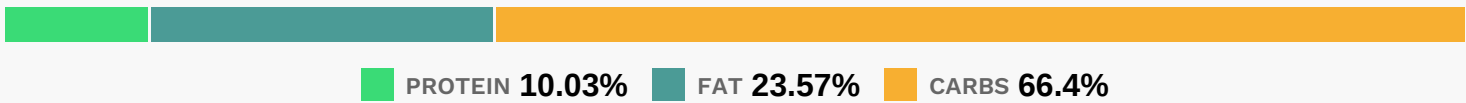
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes in a large pot and cover with water by 2 inches. Salt well and bring the water to a boil over medium heat. Reduce the heat to a simmer and cook the potatoes until soft, about 15 minutes.
- ☐ Drain the potatoes, reserving 1 cup of water in a separate bowl. Return the pot to the stove top over medium-high heat.
- ☐ Add the bacon and fry until crisp, then remove it to a paper towel lined plate.
- ☐ Carefully remove all but 3 tablespoons of bacon fat and return the pot to the heat.
- ☐ Add the garlic, scallions, jalapenos, paprika, salt and freshly ground black pepper, to taste. Cook over medium heat until the scallions and jalapenos are tender, about 3 minutes.
- ☐ Add the flour, and stir until the vegetables are evenly coated, about 2 minutes. Stir in the sugar, vinegar and reserved 1 cup of water. Bring to a boil, then lower the heat and simmer until thickened and slightly reduced, about 3 minutes. Stir in the potatoes and the crispy bacon.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:31.76, Glycemic Load:5.03, Inflammation Score:-5, Nutrition Score:11.764347742433%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 262.05kcal (13.1%), Fat: 6.96g (10.71%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 39.96g (14.53%), Sugar: 9.37g (10.41%), Cholesterol: 10.89mg (3.63%), Sodium: 408.73mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Potassium: 1098.43mg (31.38%), Vitamin C: 21.04mg (25.5%), Vitamin B6: 0.45mg (22.6%), Manganese: 0.37mg (18.72%), Vitamin B3: 3.38mg (16.91%), Phosphorus: 168.35mg (16.84%), Fiber: 4.18g (16.72%), Copper: 0.33mg (16.4%), Vitamin B1: 0.24mg (16.18%), Vitamin K: 16.66µg (15.86%), Magnesium: 54.73mg (13.68%), Folate: 46.04µg (11.51%), Iron: 2.02mg (11.25%), Vitamin B5: 0.76mg (7.56%), Selenium: 4.97µg (7.1%), Zinc: 1mg (6.67%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 192.78IU (3.86%), Calcium: 30.91mg (3.09%), Vitamin B12: 0.08µg (1.38%), Vitamin E: 0.18mg (1.22%)