



## Texas Country Potato Salad

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

READY IN



167 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

### Ingredients

- 4 strips bacon
- 1 teaspoon dijon mustard
- 1 eggs boiled chopped
- 1 green onion sliced
- 0.3 cup mayonnaise
- 1 pound potatoes red unpeeled
- 4 servings salt and pepper

### Equipment

- bowl
- sauce pan

## Directions

- Cook bacon until crispy.
- Drain, reserving a few tablespoons of the grease, and crumble. Set aside.
- Place the potatoes in a large saucepan. Cover with cold water.
- Add a tablespoon of the bacon grease and some salt and place over medium-high heat. Bring to a boil and cook until the potatoes are tender, about 15 to 20 minutes.
- Drain and let the potatoes cool and then cut into bite-size pieces.
- In a separate bowl, mix mayonnaise, Dijon mustard, salt, and pepper for dressing.
- Toss potatoes, onion, and egg in dressing.
- Add bacon.
- Serve chilled.

## Nutrition Facts

**PROTEIN 9.18%** **FAT 64.52%** **CARBS 26.3%**

## Properties

Glycemic Index:28.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:8.7939130741617%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 20.46g (31.47%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 16.7g (6.07%), Sugar: 1.67g (1.86%), Cholesterol: 61.32mg (20.44%), Sodium: 478.59mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin K: 32.37µg (30.83%), Potassium: 587.7mg (16.79%), Vitamin B6: 0.27mg (13.69%), Selenium: 9.13µg (13.04%), Phosphorus: 128.03mg (12.8%), Vitamin C: 10.32mg (12.51%), Vitamin B3: 2.22mg (11.09%), Vitamin B1: 0.16mg (10.83%), Manganese: 0.18mg (8.84%), Copper: 0.18mg (8.77%), Fiber: 2.06g (8.24%), Magnesium: 30.25mg (7.56%), Folate: 28.29µg (7.07%), Iron: 1.21mg (6.7%), Vitamin B2: 0.11mg (6.42%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.82mg (5.45%), Vitamin E: 0.7mg (4.68%), Vitamin B12: 0.22µg (3.75%), Vitamin A: 115.38IU (2.31%), Calcium: 22.79mg (2.28%), Vitamin D: 0.34µg (2.24%)