

# Texas Ranch Potato Salad

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

READY IN



**60 min.**

SERVINGS



**16**

CALORIES



**414 kcal**

**SIDE DISH**

## Ingredients

- 1 pound bacon
- 0.8 cup spring onion chopped
- 2 cups mayonnaise
- 1 ounce ranch seasoning
- 5 pounds potatoes – remove skin red unpeeled

## Equipment

- bowl
- paper towels

- pot
- microwave

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add whole potatoes, and cook until tender, 15 to 20 minutes.
- Drain, run under cold water to cool, and chop into 1 inch cubes.
- Transfer to a large serving bowl, and refrigerate until completely chilled, about 2 hours.
- In a small bowl, stir together the ranch dressing mix, mayonnaise and green onion. Cover, and refrigerate for about 2 hours to blend flavors.
- Wrap bacon in paper towels and place on a plate. Cook in the microwave until crisp, about 15 minutes depending on the power of your microwave. Cool.
- Stir the mayonnaise mixture into the bowl of potatoes. Crumble bacon into the bowl, and stir to distribute.
- Serve.

## Nutrition Facts

**PROTEIN 6.36%** **FAT 70.17%** **CARBS 23.47%**

## Properties

Glycemic Index:5.13, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:10.698695530062%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 414.27kcal (20.71%), Fat: 32.4g (49.85%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 21.86g (7.95%), Sugar: 2.1g (2.33%), Cholesterol: 30.47mg (10.16%), Sodium: 524.63mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin K: 59.45µg (56.62%), Potassium: 719.62mg (20.56%), Vitamin B6: 0.32mg (16.07%), Vitamin C: 13.07mg (15.84%), Vitamin B3: 2.79mg (13.97%), Phosphorus: 134.9mg (13.49%), Vitamin B1: 0.2mg (13.23%), Manganese: 0.21mg (10.62%), Copper: 0.21mg (10.55%), Fiber: 2.53g (10.13%), Selenium: 7.08µg (10.11%), Magnesium: 35.8mg (8.95%), Folate: 29.91µg (7.48%), Vitamin E: 1.08mg (7.2%), Iron: 1.28mg (7.11%), Vitamin B5: 0.6mg (6.04%), Zinc: 0.86mg (5.75%), Vitamin B2: 0.08mg (4.47%),

Vitamin B12: 0.18µg (2.92%), Calcium: 21.21mg (2.12%), Vitamin A: 85.35IU (1.71%), Vitamin D: 0.17µg (1.13%)