



## Warm German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

### Ingredients

- 0.3 pound bacon
- 1 stalk celery chopped
- 0.5 cup cider vinegar
- 6 servings eggs hard boiled
- 0.5 teaspoon flour all-purpose
- 6 servings chives fresh snipped
- 1 pounds new potatoes
- 1 medium onion coarsely chopped

- 6 servings parsley minced
- 0.1 teaspoon pepper
- 1 teaspoon salt
- 0.5 teaspoon sugar
- 0.5 cup water

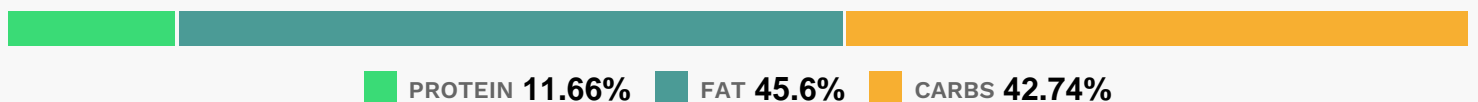
## Equipment

- frying pan

## Directions

- Scrub potatoes and cook in boiling salted water until tender.
- Drain and, while hot, skin and cut into 1/4-inch slices. You should have about 4 cups. Set aside.
- Place bacon in a skillet and fry until almost crisp.
- Remove bacon from pan and add onion and celery, cook until tender and transparent, remove from pan.
- Drain off all but one tablespoon of bacon fat; add flour, sugar, salt and pepper to skillet stir until slightly browned.
- Add vinegar and water and cook until mixture is slightly thickened.
- Add back the bacon, onion, and celery.
- Pour hot dressing over potatoes; stir gently to blend. The potatoes should look glossy.
- Garnish with hard-boiled egg slices, sprinkle minced parsley, and chives over top.
- Serve warm.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The FN chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

## Nutrition Facts



## Properties

Glycemic Index:72.81, Glycemic Load:10.53, Inflammation Score:-5, Nutrition Score:9.7695653490398%

## Flavonoids

Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## Nutrients (% of daily need)

Calories: 154.76kcal (7.74%), Fat: 7.75g (11.92%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.08g (5.12%), Sugar: 1.93g (2.15%), Cholesterol: 16.2mg (5.4%), Sodium: 528.81mg (22.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin K: 71.26µg (67.87%), Vitamin C: 22.36mg (27.1%), Vitamin B6: 0.31mg (15.33%), Potassium: 441.53mg (12.62%), Manganese: 0.22mg (10.79%), Fiber: 2.25g (9.01%), Vitamin B1: 0.13mg (8.58%), Vitamin A: 424.72IU (8.49%), Phosphorus: 83.68mg (8.37%), Vitamin B3: 1.67mg (8.35%), Magnesium: 26.05mg (6.51%), Selenium: 4.55µg (6.49%), Folate: 25.86µg (6.47%), Iron: 1.05mg (5.83%), Copper: 0.11mg (5.63%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.55mg (3.69%), Vitamin B2: 0.06mg (3.49%), Calcium: 26.28mg (2.63%), Vitamin B12: 0.11µg (1.76%), Vitamin E: 0.15mg (1.02%)