



Warm Potato Salad with Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

Ingredients

- 0.3 pound bacon (5 slices)
- 0.3 cup chives fresh chopped
- 2 tablespoons olive oil
- 3 pound potato boiling scrubbed
- 3 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan

paper towels

pot

Directions

Cover potatoes generously with cold salted water (1 tablespoon salt for 3 quarts water) in a pot and simmer until potatoes are tender, about 30 minutes.

Drain potatoes.

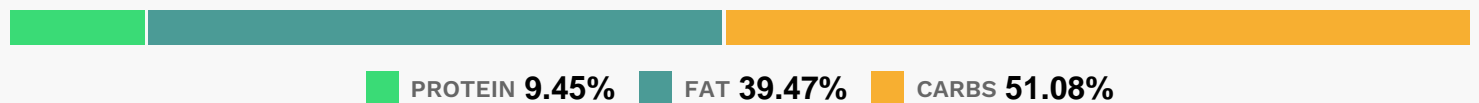
When potatoes are cool enough to handle but still warm, peel and cut into 1-inch pieces, then toss with vinegar and 1/2 teaspoon salt in a large bowl.

Cook bacon in oil in a large heavy skillet over medium-low heat, turning occasionally, until crisp.

Drain bacon on paper towels, reserving fat in skillet.

Add 1/4 cup of hot bacon fat to potatoes and toss. Coarsely crumble bacon on top, then add chives and salt and pepper to taste and toss.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:11.269130426904%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 280.75kcal (14.04%), Fat: 12.5g (19.23%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.5g (11.82%), Sugar: 2.96g (3.29%), Cholesterol: 12.47mg (4.16%), Sodium: 166.68mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Potassium: 1077.25mg (30.78%), Vitamin C: 20.51mg (24.86%), Vitamin B6: 0.44mg (21.91%), Vitamin B3: 3.38mg (16.88%), Phosphorus: 167.13mg (16.71%), Manganese: 0.33mg (16.58%), Vitamin B1: 0.24mg (15.81%), Copper: 0.32mg (15.76%), Fiber: 3.9g (15.59%), Magnesium: 53.16mg (13.29%), Vitamin K: 12.94µg (12.32%), Folate: 42.57µg (10.64%), Iron: 1.82mg (10.11%), Vitamin B5: 0.74mg (7.43%), Selenium: 4.95µg (7.07%), Zinc: 0.98mg (6.55%), Vitamin E: 0.78mg (5.2%), Vitamin B2: 0.09mg (5.15%), Calcium: 25.65mg (2.57%), Vitamin A: 95.42IU (1.91%), Vitamin B12: 0.09µg (1.57%)