



Warm Potato Salad with Ramps and Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon cut into 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1.5 pounds new potatoes
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup radishes thinly sliced (8 radishes)
- ☐ 10 ramps
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons water
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ Place potatoes in a 13 x 9-inch glass or ceramic baking dish, and drizzle with 3 tablespoons water. Cover with foil and bake at 375 for 45 minutes or until tender.
- ☐ Remove the foil, and cool for 15 minutes. Halve potatoes.
- ☐ Combine olive oil, vinegar, and mustard in a small bowl, stirring with a whisk. Cook bacon in a large nonstick skillet over medium heat until crisp, stirring occasionally.
- ☐ Remove bacon from pan using a slotted spoon, reserving drippings in pan. Increase heat to medium-high.
- ☐ Place potatoes cut sides down in pan; cook for 5 minutes or until golden brown.
- ☐ Place potatoes in a medium bowl.
- ☐ Remove and discard roots and outer leaves from ramps; rinse and drain ramps. Pat ramps dry. Thinly slice bulb ends and leaves crosswise to measure 1/2 cup.
- ☐ Add the ramps, bacon, and radishes to potatoes.
- ☐ Drizzle dressing over potato mixture, and sprinkle with salt and pepper. Toss.

Nutrition Facts



 **PROTEIN 7.43%**  **FAT 44.71%**  **CARBS 47.86%**

Properties

Glycemic Index:29.96, Glycemic Load:14.64, Inflammation Score:-5, Nutrition Score:8.2226086420857%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 201.57kcal (10.08%), Fat: 10.16g (15.63%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 20.93g (7.61%), Sugar: 2.14g (2.38%), Cholesterol: 4.84mg (1.61%), Sodium: 201.97mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin C: 28.24mg (34.23%), Vitamin B6: 0.37mg (18.53%), Potassium: 545.75mg (15.59%), Fiber: 3.55g (14.2%), Manganese: 0.22mg (10.82%), Iron: 1.61mg (8.92%), Vitamin A: 434.45IU (8.69%), Phosphorus: 83.65mg (8.36%), Vitamin B1: 0.12mg (8.03%), Vitamin B3: 1.56mg (7.81%), Magnesium: 31.11mg (7.78%), Vitamin E: 1.06mg (7.1%), Copper: 0.14mg (7.04%), Vitamin K: 6.81µg (6.49%), Folate: 23.25µg (5.81%), Selenium: 3.21µg (4.59%), Vitamin B5: 0.42mg (4.21%), Calcium: 37.19mg (3.72%), Zinc: 0.5mg (3.31%), Vitamin B2: 0.05mg (3.08%)