

A Different Kind of Potato Salad

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

3 pounds small red potatoes, cut into one-inch cubes
1/2 cup water
1/2 cup mayonnaise or salad dressing
1/4 cup ranch dressing
6 slices bacon, cooked and crumbled
1 cup Cheddar cheese, shredded
4 green onions, thinly sliced

Place the potatoes in a microwaveable dish. Add the water. Cover with a lid. Microwave on HIGH for 12 to 15 minutes or until the potatoes are tender.

Remove from the microwave and place the potatoes in a serving bowl. Refrigerate for at least one hour or until they are completely cooled.

In a bowl, mix the mayonnaise and ranch dressing. Blend well.

Pour the dressings over the potatoes. Add the bacon, Cheddar cheese and green onions. Mix well.

Per Serving (excluding unknown items): 694 Calories; 56g Fat (73.0% calories from fat); 41g Protein; 6g Carbohydrate; 2g Dietary Fiber; 151mg Cholesterol; 1323mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Vegetable; 7 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 694 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 73.0% | Vitamin B12 (mcg): | 1.6mcg |
| % Calories from Carbohydrates: | 3.5% | Thiamin B1 (mg): | .3mg |
| % Calories from Protein: | 23.5% | Riboflavin B2 (mg): | .5mg |
| Total Fat (g): | 56g | Folacin (mcg): | 61mcg |
| Saturated Fat (g): | 31g | Niacin (mg): | 3mg |
| Monounsaturated Fat (g): | 20g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 3g | Alcohol (kcal): | 0 |
| | | | 0.0% |

| | |
|--------------------|--------|
| Cholesterol (mg): | 151mg |
| Carbohydrate (g): | 6g |
| Dietary Fiber (g): | 2g |
| Protein (g): | 41g |
| Sodium (mg): | 1323mg |
| Potassium (mg): | 462mg |
| Calcium (mg): | 868mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 5mg |
| Vitamin C (mg): | 24mg |
| Vitamin A (i.u.): | 1432IU |
| Vitamin A (r.e.): | 384RE |

% Daily Values*

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 0 |
| Lean Meat: | 5 1/2 |
| Vegetable: | 1 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 7 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Amount Per Serving

Calories 694 **Calories from Fat:** 507

% Daily Values*

| | |
|-------------------------------|------|
| Total Fat 56g | 87% |
| Saturated Fat 31g | 153% |
| Cholesterol 151mg | 50% |
| Sodium 1323mg | 55% |
| Total Carbohydrates 6g | 2% |
| Dietary Fiber 2g | 6% |
| Protein 41g | |
| <hr/> | |
| Vitamin A | 29% |
| Vitamin C | 40% |
| Calcium | 87% |
| Iron | 13% |

* Percent Daily Values are based on a 2000 calorie diet.