

Bacon Potato Salad

Averie Cooks
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Yield: 10 cups

2 pounds baby gold potatoes
2 teaspoons salt
1 pound bacon
1 small red onion, diced small
2 cloves garlic, peeled and finely minced
3 tablespoons olive oil
3 tablespoons red wine vinegar
3 tablespoons Dijon mustard
1 teaspoon granulated sugar (or to taste)
1/4 teaspoon salt (or to taste)
1/4 teaspoon pepper (or to taste)
1 medium ear fresh sweet corn (with kernels cut off)
1 to 2 cups fresh baby spinach (loosely measured)
1/2 cup fresh parsley (regular or Italian flat-leaf), finely chopped

Preparation Time: 15 minutes

To a large pot, add the potatoes and cover with water. Add two teaspoons of salt. Bring to a boil over medium-high heat. Allow the potatoes to simmer for about 15 minutes or until done and fork-tender. Drain. Rinse the potatoes under cold water to stop the cooking process. Set aside.

While the potatoes are cooking, make the bacon. In a large skillet, add the bacon. Cook over medium heat, flipping intermittently, until done and as crisp as desired, about 10 minutes. Transfer the bacon to a paper towel-lined plate. When cool enough, crumble the bacon. Set aside.

Add the onion to the bacon fat in the skillet. Cook for 5 to 7 minutes or until tender, stirring intermittently.

In the last minute of cooking, add the garlic. Stir and cook for about 1 minute or until fragrant. Remove from the heat. Set aside.

In a very large bowl, add the olive oil, red wine vinegar, mustard, sugar, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Whisk to combine. Set aside.

Halve or quarter the potatoes depending on their size. Add to the bowl.

Add the bacon, red onion and garlic (use a slotted spoon to remove). Discard the excess drippings. Add the corn, spinach and parsley. Toss well to combine. Taste the salad and adjust seasonings as needed.

Serve immediately, if desired, or cover and refrigerate until chilled. The potato salad will keep in an airtight container for up to four days in the refrigerator.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 3083 Calories; 266g Fat (78.3% calories from fat); 142g Protein; 23g Carbohydrate; 4g Dietary Fiber; 386mg Cholesterol; 12078mg Sodium. Exchanges: 19 Lean Meat; 3 Vegetable; 40 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	3083	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	78.3%	Vitamin B12 (mcg):	7.9mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	3.0mg
% Calories from Protein:	18.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	266g	Folacin (mcg):	56mcg
Saturated Fat (g):	84g	Niacin (mg):	34mg
Monounsaturated Fat (g):	138g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	30g	Alcohol (kcal):	0
Cholesterol (mg):	386mg	% Refuse:	0.0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	142g	Lean Meat:	19
Sodium (mg):	12078mg	Vegetable:	3
Potassium (mg):	2585mg	Fruit:	0
Calcium (mg):	165mg	Non-Fat Milk:	0
Iron (mg):	9mg	Fat:	40 1/2
Zinc (mg):	15mg	Other Carbohydrates:	1/2
Vitamin C (mg):	164mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving		
Calories	3083	Calories from Fat: 2415
% Daily Values*		
Total Fat	266g	409%
Saturated Fat	84g	422%
Cholesterol	386mg	129%
Sodium	12078mg	503%
Total Carbohydrates	23g	8%
Dietary Fiber	4g	17%
Protein	142g	
Vitamin A		0%
Vitamin C		274%
Calcium		17%
Iron		50%

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