

# Fingerling Potato Salad

W. Wayt Gibbs - Associated Press  
Palm Beach Post

## Servings: 4

*3 cups fingerling potatoes, peeled or not based on preference*

*1 tablespoon water*

*1/3 cup red onion, minced*

*1/4 cup bacon mayonnaise (see recipe under Sauces/ Mayonnaise)*

*1 1/2 tablespoons Dijon mustard salt (to taste)*

*bacon bits (for garnish)*

Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water almost to the opening. The water will squeeze out most of the air. Seal the bag.

Microwave on HIGH until the potatoes are tender, about four minutes in an 1100-watt microwave. Use care when removing the bag from the oven. (The steam released as you open the bag can cause burns). Remove the potatoes from the bag and set aside to cool.

In a medium bowl, stir together the onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins one-half to one inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crispy bacon bits.

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Per Serving (excluding unknown items): 9 Calories; trace Fat (24.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	9	Vitamin B6 (mg):	trace
% Calories from Fat:	24.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	59.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
		Niacin (mg):	trace

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 1g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 71mg  
**Potassium (mg):** 28mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 9 **Calories from Fat:** 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	71mg	3%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	2%
<b>Protein</b>	trace	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		1%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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