

# German Potato Salad III

Frankenmuth Bavarian Inn - Frankenmuth, MI  
The Great Country Inns of America Cookbook (2nd ed) (1992)

6 boiled potatoes, peeled and diced  
1 small onion  
1/2 teaspoon salt  
1 teaspoon Accent® seasoning mix  
2 tablespoons fresh parsley, chopped  
6 slices bacon, cut up  
1/2 cup water  
1/2 cup vinegar  
3 tablespoons sugar  
1 1/2 tablespoons flour  
2 tablespoons bacon fat

Copyright: James Stroman

In a bowl, combine the potatoes, onion, salt, Accent and parsley. Let sit for one-half hour.

In a skillet, fry the bacon. Drain, reserving two tablespoons of the fat.

In a bowl, add 1/4 cup of water, the vinegar, sugar, crumbled bacon and bacon grease.

In a bowl, combine the flour and remaining 1/4 cup of water. Add to the vinegar-sugar mixture. Add to the potato mixture and toss lightly.

Keep warm until ready to serve.

---

Per Serving (excluding unknown items): 1415 Calories; 46g Fat (28.7% calories from fat); 29g Protein; 228g Carbohydrate; 17g Dietary Fiber; 59mg Cholesterol; 2461mg Sodium. Exchanges: 11 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 8 Fat; 3 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	1415
% Calories from Fat:	28.7%
% Calories from Carbohydrates:	63.1%
% Calories from Protein:	8.2%
Total Fat (g):	46g
Saturated Fat (g):	19g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	59mg
Carbohydrate (g):	228g

Vitamin B6 (mg):	2.6mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	119mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Dietary Fiber (g): 17g  
 Protein (g): 29g  
 Sodium (mg): 2461mg  
 Potassium (mg): 3625mg  
 Calcium (mg): 96mg  
 Iron (mg): 5mg  
 Zinc (mg): 4mg  
 Vitamin C (mg): 136mg  
 Vitamin A (i.u.): 390IU  
 Vitamin A (r.e.): 39RE

Grain (Starch): 11  
 Lean Meat: 1 1/2  
 Vegetable: 1 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 8  
 Other Carbohydrates: 3

## Nutrition Facts

### Amount Per Serving

Calories 1415      Calories from Fat: 406

### % Daily Values\*

<b>Total Fat</b>	46g	71%
Saturated Fat	19g	94%
<b>Cholesterol</b>	59mg	20%
<b>Sodium</b>	2461mg	103%
<b>Total Carbohydrates</b>	228g	76%
Dietary Fiber	17g	69%
<b>Protein</b>	29g	

<b>Vitamin A</b>	8%
<b>Vitamin C</b>	226%
<b>Calcium</b>	10%
<b>Iron</b>	28%

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