

Hot German Potato Salad

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Servings: 4

*4 1/2 pounds (about 12 medium)
potatoes
1 tablespoon salt
9 slices bacon, cut in 1/2 slices
1 1/2 cups onion, chopped
3/4 cup celery, chopped
3 tablespoons flour
1 teaspoon salt
1 1/2 cups water
1 cup cider vinegar
1 cup sugar
1/3 cup snipped parsley
1 1/2 cups sliced radishes*

Preheat the oven to 350 degrees.

Place the potatoes in a large pot with water to cover and one tablespoon of salt. Boil until barely tender. Drain and set aside.

In a skillet, fry bacon until crisp. Remove from the skillet and drain on paper towels.

Add the onion and celery to the fat, saute' until tender. Stir in the flour and one teaspoon of salt. Heat until bubbly. Add the water, vinegar and sugar. Stir and boil for one minute. Add the parsley and bacon.

Peel and cut the potatoes into 1/4-inch slices. Combine the potatoes and bacon mixture in a large casserole. Cover.

Bake for 30 minutes.

Stir in the sliced radishes.

Per Serving (excluding unknown items): 340 Calories; 7g Fat (18.8% calories from fat); 6g Protein; 66g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 2394mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 3 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	340	Vitamin B6 (mg):	.1mg
% Calories from Fat:	18.8%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates:	74.4%
% Calories from Protein:	6.8%
Total Fat (g):	7g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	12mg
Carbohydrate (g):	66g
Dietary Fiber (g):	2g
Protein (g):	6g
Sodium (mg):	2394mg
Potassium (mg):	394mg
Calcium (mg):	52mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	34IU
Vitamin A (r.e.):	3 1/2RE

Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	31mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 340 Calories from Fat: 64

% Daily Values*

Total Fat	7g	11%
Saturated Fat	3g	13%
Cholesterol	12mg	4%
Sodium	2394mg	100%
Total Carbohydrates	66g	22%
Dietary Fiber	2g	9%
Protein	6g	

Vitamin A	1%
Vitamin C	33%
Calcium	5%
Iron	7%

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