

Old Fashioned Hot German Potato Salad

John Brite - Capital University, Baxley, OH
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4 medium potatoes
2 bacon strips
1 Spanish onion, diced
1/2 teaspoon salt
2 tablespoons sugar
1/2 cup celery, diced
1/3 cup cider vinegar
2 tablespoons cornstarch
1 cup water

Boil the potatoes in their skins and peel while hot.

Slice the potatoes thinly.

In a large skillet, fry the bacon until crisp.
Remove from the skillet.

In bacon drippings, brown the onion and celery.

Stir in the salt, sugar and cornstarch.

Add the vinegar and water.

Stir in the sliced potatoes. As the sauce thickens while adding the potatoes, more water may be needed.

Transfer to a serving dish and serve hot.

Per Serving (excluding unknown items): 698 Calories; 7g Fat (8.8% calories from fat); 16g Protein; 148g Carbohydrate; 12g Dietary Fiber; 11mg Cholesterol; 1364mg Sodium. Exchanges: 7 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 1 Fat; 2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	698	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	8.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	82.2%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	9.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	110mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 11mg
Carbohydrate (g): 148g
Dietary Fiber (g): 12g
Protein (g): 16g
Sodium (mg): 1364mg
Potassium (mg): 3215mg
Calcium (mg): 109mg
Iron (mg): 5mg
Zinc (mg): 3mg
Vitamin C (mg): 115mg
Vitamin A (i.u.): 80IU
Vitamin A (r.e.): 8RE

Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.00%

Food Exchanges

Grain (Starch): 7
Lean Meat: 1/2
Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 698 **Calories from Fat:** 61

% Daily Values*

Total Fat	7g	11%
Saturated Fat	2g	12%
Cholesterol	11mg	4%
Sodium	1364mg	57%
Total Carbohydrates	148g	49%
Dietary Fiber	12g	47%
Protein	16g	
Vitamin A		2%
Vitamin C		191%
Calcium		11%
Iron		28%

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