



Ann's Roasted Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil leaves chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 6 garlic cloves chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 11 tablespoons olive oil divided
- ☐ 3 pounds russet potatoes cut into large dice
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots chopped

- ☐ 1 Handful thyme and rosemary leaves fresh chopped
- ☐ 2 tablespoons vinegar white

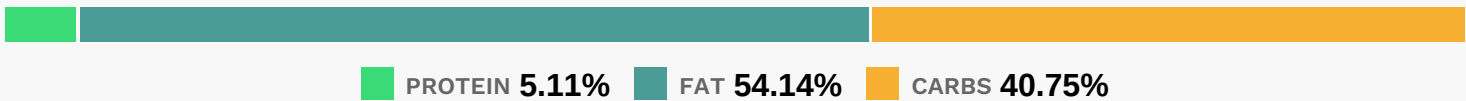
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Mix 6 tablespoons of olive oil, the garlic, salt, pepper and herbs.
- ☐ Add potatoes and toss.
- ☐ Spread out onto a baking sheet and bake for 55 minutes, stirring occasionally. When potatoes are golden brown remove the pan from the oven and let cool. When potatoes are cool, place them in a bowl and scrape the pan drippings into a measuring cup.
- ☐ Add enough oil to the drippings to measure 6 tablespoons of oil.
- ☐ Whisk the vinegar and mustard in a small bowl. Gradually add the oil and then mix in the shallots.
- ☐ Pour the dressing over the potatoes and combine. Season with salt and pepper, if needed.
- ☐ Add chopped basil.
- ☐ Let stand for 1 hour at room temperature.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:24.73, Inflammation Score:-5, Nutrition Score:10.172608862752%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 315.83kcal (15.79%), Fat: 19.47g (29.96%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 30.34g (11.03%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 314.83mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin B6: 0.65mg (32.33%), Vitamin K: 27.42µg (26.12%), Potassium: 756.5mg (21.61%), Manganese: 0.39mg (19.35%), Vitamin E: 2.82mg (18.82%), Vitamin C: 11.73mg (14.22%), Magnesium: 44.22mg (11.05%), Fiber: 2.65g (10.58%), Phosphorus: 104.95mg (10.5%), Iron: 1.85mg (10.28%), Copper: 0.2mg (10.19%), Vitamin B1: 0.15mg (10.13%), Vitamin B3: 1.83mg (9.14%), Folate: 28.6µg (7.15%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.06mg (3.76%), Calcium: 36.69mg (3.67%), Vitamin A: 167.96IU (3.36%), Selenium: 1.55µg (2.21%)