



 **78%**  
HEALTH SCORE

## Artichoke-Potato Salad with Toasted Brown Mustard Seeds

 Vegetarian  Vegan  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

### Ingredients

- 2.3 pound artichokes
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon brown mustard seeds
- 2 tablespoons dijon mustard
- 1 tablespoon teaspoon dill dried fresh chopped
- 1 garlic clove minced
- 3 tablespoons juice of lemon fresh

- 0.3 cup salad dressing light reduced-calorie (such as Miracle Whip )
- 0.5 cup peas green frozen thawed
- 0.8 pound potatoes red
- 0.3 teaspoon salt

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- dutch oven

## Directions

- Cut off stems of artichokes; remove bottom leaves. Trim about 1/2 inch from tops of artichokes.
- Place artichokes, stem ends down, in a large Dutch oven filled two-thirds with water. Bring to a boil. Cover, reduce heat, and simmer 30 minutes or until a leaf near the center of each artichoke pulls out easily.
- Drain and rinse with cold water. Cool.
- Remove the bottom leaves and tough outer leaves, leaving tender hearts and bottoms; reserve leaves for another use.
- Cut artichokes in half lengthwise.
- Remove the fuzzy thistles from bottoms with a spoon. Coarsely chop artichoke hearts and bottoms.
- Place chopped artichokes in a large bowl.
- While the artichokes are cooking, place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain and rinse with cold water. Cool.
- Cut potatoes into 1/4-inch-thick slices.
- Add potatoes and peas to chopped artichoke in bowl.

- Cook mustard seeds in a small skillet over medium heat for 1 minute or until toasted.
- Combine mustard seeds, dressing, and remaining ingredients in a small bowl, and stir well with a whisk.
- Pour over the artichoke mixture, and toss well. Cover and chill.
- Note: Substitute 1 cup of chopped drained canned artichoke hearts or bottoms for the fresh artichokes, if desired. If you are unable to find brown mustard seeds, substitute whole-grain mustard for the Dijon.

## Nutrition Facts



### Properties

Glycemic Index:46.33, Glycemic Load:4.98, Inflammation Score:-9, Nutrition Score:26.210869177528%

### Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 32.05mg, Naringenin: 32.05mg, Naringenin: 32.05mg, Naringenin: 32.05mg Apigenin: 19.08mg, Apigenin: 19.08mg, Apigenin: 19.08mg, Apigenin: 19.08mg Luteolin: 5.87mg, Luteolin: 5.87mg, Luteolin: 5.87mg, Luteolin: 5.87mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

### Nutrients (% of daily need)

Calories: 255.3kcal (12.76%), Fat: 5.98g (9.2%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 29.13g (10.59%), Sugar: 5.71g (6.35%), Cholesterol: 5.25mg (1.75%), Sodium: 579.24mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.15%), Fiber: 16.74g (66.95%), Vitamin K: 68.34µg (65.09%), Vitamin C: 49.2mg (59.64%), Folate: 204.37µg (51.09%), Manganese: 0.92mg (46.12%), Magnesium: 184.36mg (46.09%), Potassium: 1415mg (40.43%), Copper: 0.75mg (37.5%), Phosphorus: 324.34mg (32.43%), Vitamin B6: 0.49mg (24.67%), Iron: 4.39mg (24.39%), Vitamin B1: 0.32mg (21.56%), Vitamin B3: 4.11mg (20.55%), Calcium: 135.14mg (13.51%), Vitamin B2: 0.23mg (13.41%), Zinc: 1.85mg (12.34%), Vitamin B5: 1.17mg (11.66%), Selenium: 4.98µg (7.11%), Vitamin A: 220.15IU (4.4%), Vitamin E: 0.59mg (3.91%)