



Baked Potato Salad

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

Ingredients

- 1 small bunch basil washed and dried
- 1 tablespoon capers and 1 teaspoon caper liquid chopped
- 2 tablespoons smooth dijon mustard
- 6 pickled cucumbers / gherkins sliced into 1/4-inch pieces, plus 1 tablespoon gherkin liquid quartered
- 6 servings kosher salt and pepper white freshly ground
- 8 tablespoons olive oil extra-virgin
- 1 large bunch parsley washed and roughly chopped
- 6 tablespoons red wine vinegar

- 2 shallots peeled sliced into thin rounds
- 2 tablespoons water
- 2 pounds yukon gold potatoes blue washed and dried (or, if available, potatoes or purple majesty)

Equipment

- food processor
- bowl
- baking sheet
- oven
- knife
- whisk
- blender

Directions

- Preheat the oven to 400 degrees F.
- Arrange the potatoes in a single layer on a baking sheet and put it in the center of the oven. Meanwhile, in a food processor or blender, combine the parsley and basil leaves. Season with salt and pepper, to taste.
- Add the water and blend. With the motor running, pour 5 tablespoons of the olive oil through the top of the food processor in a slow, steady stream. This doesn't need to be a smooth puree. It should be a little rustic and chunky. Taste for seasoning and set aside.
- In a bowl large enough to hold the potatoes, whisk together the red wine vinegar, shallots, mustard, capers, caper liquid, gherkins and gherkin liquid.
- Whisk in the remaining olive oil. Taste for seasoning. When the potatoes are tender and yielding when pierced with the tip of a knife, remove them from the oven. Allow them to cool for a few minutes and peel half of them. Some potato skin is a nice flavor in the salad.
- Put the potatoes in the bowl with the dressing and lightly crush them with the tines of a fork. Season lightly with salt and pepper, to taste, and toss them in the dressing.
- Drizzle with the parsley/basil puree and stir to blend. Keep warm, at room temperature, until serving.

Nutrition Facts

PROTEIN 5.24% FAT 55.66% CARBS 39.1%

Properties

Glycemic Index:41.29, Glycemic Load:19.79, Inflammation Score:-8, Nutrition Score:16.201304269874%

Flavonoids

Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 303.4kcal (15.17%), Fat: 19.12g (29.41%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 25.49g (9.27%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 121.37mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin K: 176.38µg (167.98%), Vitamin C: 43.91mg (53.22%), Vitamin B6: 0.49mg (24.56%), Potassium: 736.7mg (21.05%), Manganese: 0.4mg (20.05%), Fiber: 4.72g (18.89%), Vitamin E: 2.82mg (18.79%), Vitamin A: 881.27IU (17.63%), Iron: 2.47mg (13.75%), Magnesium: 47.46mg (11.86%), Copper: 0.22mg (11%), Folate: 43.24µg (10.81%), Phosphorus: 107.83mg (10.78%), Vitamin B1: 0.14mg (9.65%), Vitamin B3: 1.79mg (8.94%), Vitamin B5: 0.53mg (5.28%), Calcium: 46.92mg (4.69%), Zinc: 0.65mg (4.32%), Vitamin B2: 0.07mg (4.01%), Selenium: 2.35µg (3.35%)