



## Caesar Potato Salad

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

SALAD

### Ingredients

- 2 teaspoons anchovy paste
- 2 teaspoons anchovy paste
- 2 tablespoons balsamic vinegar
- 2 tablespoons balsamic vinegar
- 2 teaspoons dijon mustard
- 2 teaspoons dijon mustard
- 3 tablespoons dry vermouth dry
- 3 tablespoons dry vermouth dry
- 2 slices bread french

- 2 slices bread french
- 3 tablespoons fresh flat-leaf parsley fresh finely chopped
- 3 tablespoons fresh flat-leaf parsley fresh finely chopped
- 2 garlic cloves minced
- 2 garlic cloves minced
- 0.3 cup green onions chopped
- 0.3 cup green onions chopped
- 1 tablespoon juice of lemon
- 1 tablespoon juice of lemon
- 1.5 tablespoons olive oil extra-virgin
- 1.5 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese fresh grated
- 0.3 cup parmesan cheese fresh grated
- 0.1 teaspoon pepper
- 0.1 teaspoon pepper
- 1.5 pounds red potatoes red
- 1.5 pounds red potatoes red
- 6 servings rye flakes
- 0.3 teaspoon salt
- 0.3 teaspoon salt

## Equipment

- bowl
- frying pan
- oven

## Directions

- Combine oil and garlic; let stand 30 minutes.Preheat oven to 35
- Brush 1 1/2 teaspoons oil mixture over bread; cut into cubes.

- Place bread cubes in a single layer on a jelly-roll pan.
- Bake at 350 for 9 minutes or until toasted. Steam potatoes, covered, 18 minutes or until tender.
- Let cool; cut into 1/4-inch-thick slices.
- Combine potato slices and vermouth; toss gently to coat.
- Combine remaining oil mixture, vinegar, and next 7 ingredients (vinegar through parsley) in a bowl.
- Pour dressing over potatoes; toss gently to coat. Cover and chill.
- Serve in a lettuce-lined bowl, if desired.
- Sprinkle with cheese and croutons.

## Nutrition Facts

**PROTEIN 13.47%** **FAT 24.39%** **CARBS 62.14%**

### Properties

Glycemic Index:105.17, Glycemic Load:18.42, Inflammation Score:0, Nutrition Score:23.052173925483%

### Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

### Nutrients (% of daily need)

Calories: 412.81kcal (20.64%), Fat: 11.1g (17.08%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 63.64g (21.21%), Net Carbohydrates: 58.05g (21.11%), Sugar: 6.99g (7.77%), Cholesterol: 9.07mg (3.02%), Sodium: 815.02mg (35.44%), Alcohol: 1.42g (100%), Alcohol %: 0.53% (100%), Protein: 13.8g (27.6%), Vitamin K: 94.84µg (90.33%), Manganese: 0.71mg (35.44%), Vitamin C: 28.96mg (35.11%), Vitamin B1: 0.52mg (34.37%), Potassium: 1195.06mg (34.14%), Selenium: 19.93µg (28.47%), Vitamin B3: 5.67mg (28.35%), Phosphorus: 272mg (27.2%), Folate: 107.28µg (26.82%), Vitamin B6: 0.49mg (24.46%), Iron: 4.23mg (23.5%), Fiber: 5.59g (22.36%), Copper: 0.42mg (20.91%), Magnesium: 79.95mg (19.99%), Vitamin B2: 0.31mg (18.45%), Calcium: 174.35mg (17.44%), Zinc: 1.71mg (11.38%), Vitamin A: 506.01IU (10.12%), Vitamin E: 1.38mg (9.22%), Vitamin B5: 0.92mg (9.16%), Vitamin B12: 0.14µg (2.25%)