



Crushed Heirloom Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby arugula packed ()
- ☐ 3 ounces la fourme d'ambert cheese blue crumbled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 pounds heirloom potatoes whole unpeeled

Equipment

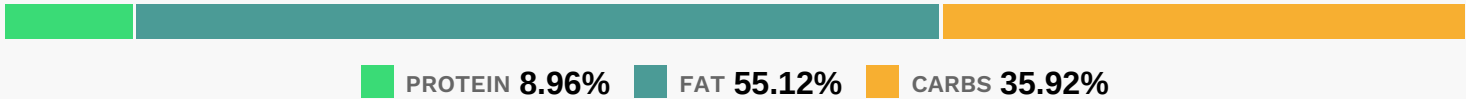
- ☐ bowl
- ☐ pot

☐ wooden spoon

Directions

- ☐ Place potatoes in large pot.
- ☐ Pour enough cold water over to cover; salt generously. Bring to boil. Reduce heat and simmer until potatoes are just tender, 20 to 40 minutes (depending on variety).
- ☐ Drain. Return potatoes to pot. Using large wooden spoon, coarsely crush potatoes in pot.
- ☐ Add cheese, nuts, and oil. Stir in arugula and toss to blend. Season to taste with salt and pepper.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:14.63, Inflammation Score:-4, Nutrition Score:9.3300000727177%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 228.52kcal (11.43%), Fat: 14.39g (22.14%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 17.93g (6.52%), Sugar: 1.29g (1.43%), Cholesterol: 7.97mg (2.66%), Sodium: 130.55mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin C: 23.16mg (28.07%), Manganese: 0.47mg (23.45%), Vitamin B6: 0.37mg (18.44%), Potassium: 548.51mg (15.67%), Fiber: 3.17g (12.68%), Phosphorus: 125.52mg (12.55%), Vitamin K: 12.14µg (11.56%), Copper: 0.2mg (10.24%), Magnesium: 38.36mg (9.59%), Vitamin B1: 0.14mg (9.12%), Calcium: 82.14mg (8.21%), Vitamin E: 1.12mg (7.45%), Folate: 28.18µg (7.05%), Vitamin B3: 1.39mg (6.96%), Iron: 1.18mg (6.58%), Zinc: 0.92mg (6.1%), Vitamin B5: 0.59mg (5.95%), Vitamin B2: 0.09mg (5.25%),

Vitamin A: 205.5IU (4.11%), Selenium: 2.13µg (3.05%), Vitamin B12: 0.13µg (2.16%)