



French Style Grilled Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup chervil fresh coarsely chopped for garnish
- ☐ 1 tablespoon dijon mustard
- ☐ 2.5 pounds new potatoes red yellow scrubbed (and)
- ☐ 0.5 cup olive oil divided
- ☐ 1 small onion red halved thinly sliced
- ☐ 4 servings salt

- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 2 tablespoons grain mustard whole
- ☐ 8 cornichon diced finely
- ☐ 8 cornichon diced finely

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Cover potatoes with water in a medium saucepan.
- ☐ Add 2 tablespoons salt. Bring to a boil; reduce heat, and simmer until tender, about 8 minutes.
- ☐ Drain potatoes and let cool and slice in half.
- ☐ Heat the grill to medium.
- ☐ In a large bowl toss the potatoes with 1/4 cup of the oil and season with salt and pepper.
- ☐ Place the potatoes on the grill, cut-side down and grill until lightly golden brown, about 4 minutes. Turn the potatoes over and continue grilling until just cooked through, about 4 minutes longer.
- ☐ While the potatoes are grilling, whisk together the vinegar, mustards, and 1/4 cup oil in a large bowl, add the red onion, cornichon and capers and stir to combine.
- ☐ Remove the potatoes from the grill and immediately add to the bowl with the other ingredients and gently stir to combine. Season with salt and pepper.
- ☐ Let sit at room temperature at least 15 minutes before serving.
- ☐ Garnish with chopped chervil.

Nutrition Facts



 **PROTEIN 9.36%**  **FAT 18.59%**  **CARBS 72.05%**

Properties

Glycemic Index:51.69, Glycemic Load:36.87, Inflammation Score:-7, Nutrition Score:16.948261012202%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 7.7mg, Kaempferol: 7.7mg, Kaempferol: 7.7mg, Kaempferol: 7.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg

Nutrients (% of daily need)

Calories: 290.9kcal (14.55%), Fat: 6.16g (9.48%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 53.75g (17.92%), Net Carbohydrates: 46.23g (16.81%), Sugar: 3.55g (3.95%), Cholesterol: 0mg (0%), Sodium: 448.73mg (19.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin C: 58.94mg (71.44%), Vitamin B6: 0.89mg (44.64%), Potassium: 1332.01mg (38.06%), Fiber: 7.52g (30.07%), Manganese: 0.57mg (28.52%), Magnesium: 77.33mg (19.33%), Phosphorus: 190.21mg (19.02%), Vitamin B1: 0.27mg (17.83%), Copper: 0.35mg (17.48%), Iron: 3.11mg (17.26%), Vitamin B3: 3.19mg (15.97%), Folate: 56.59µg (14.15%), Vitamin K: 10.06µg (9.58%), Vitamin B5: 0.91mg (9.09%), Selenium: 5.32µg (7.61%), Zinc: 1.1mg (7.31%), Vitamin B2: 0.12mg (7.17%), Calcium: 71.36mg (7.14%), Vitamin E: 0.89mg (5.91%), Vitamin A: 111.68IU (2.23%)