



Grilled Baby-Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

Ingredients

- 0.3 pound arugula rinsed drained
- 0.3 cup balsamic vinegar
- 0.8 lb cherry tomatoes red
- 2 tablespoons dijon mustard
- 2 tablespoons mint leaves fresh chopped
- 2 cloves garlic minced pressed
- 0.5 pound green beans
- 0.3 cup olive oil

- 0.3 pound pearl onions red ()
- 1.3 pounds thin-skinned potatoes (2 in. wide; see notes)
- 10 servings salt and pepper
- 2 yams (1 lb. total)
- 0.8 lb cherry tomatoes yellow

Equipment

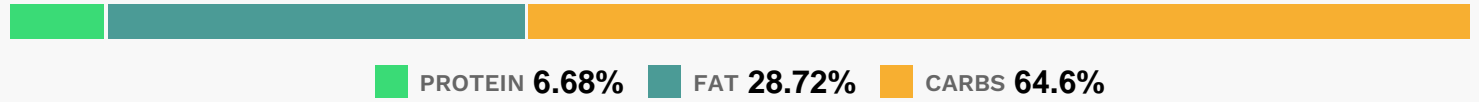
- bowl
- frying pan
- whisk
- grill
- slotted spoon

Directions

- Remove stem ends and any strings from beans. In a 6- to 8-quart pan over high heat, bring 2 quarts water to a boil.
- Add beans and cook until tender-crisp to bite, about 4 minutes. With a slotted spoon, transfer beans to a bowl of ice water to cover. When cool, lift beans out and put in a wide, shallow bowl.
- Add onions to boiling water and cook just until tender when pierced, about 4 minutes. With slotted spoon, transfer to ice water.
- Meanwhile, scrub potatoes and yams. Put in boiling water, adding more water if needed to cover. Cook until vegetables are tender when pierced, about 25 minutes.
- Drain.
- While potatoes and yams cook, drain onions and peel.
- In a bowl, whisk together garlic, mustard, vinegar, and oil.
- Peel yams; cut potatoes and yams into 1/2-inch slices.
- Place potato and yam slices on a barbecue grill over very hot coals or very high heat on a gas grill (you can hold your hand at grill level only 1 to 2 seconds); close lid on gas grill. Cook, turning once, until grill marks develop on both sides, 2 to 4 minutes total.

- Add potatoes, yams, onions, tomatoes, and garlic dressing to beans.
- Mix gently; season to taste with salt and pepper.
- Arrange arugula on a platter, spoon salad onto leaves, and sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:11.7, Inflammation Score:-7, Nutrition Score:14.476521896279%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 237.12kcal (11.86%), Fat: 7.8g (12%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 33.37g (12.13%), Sugar: 4.45g (4.95%), Cholesterol: 0mg (0%), Sodium: 263.02mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin C: 35.88mg (43.49%), Potassium: 1231.46mg (35.18%), Manganese: 0.63mg (31.66%), Vitamin K: 31.08µg (29.6%), Fiber: 6.09g (24.37%), Vitamin B6: 0.45mg (22.65%), Folate: 66.16µg (16.54%), Copper: 0.32mg (16.16%), Vitamin A: 756.72IU (15.13%), Vitamin B1: 0.2mg (13.51%), Magnesium: 52.55mg (13.14%), Phosphorus: 126.46mg (12.65%), Vitamin E: 1.68mg (11.21%), Iron: 1.89mg (10.47%), Vitamin B3: 1.95mg (9.75%), Vitamin B2: 0.11mg (6.45%), Calcium: 63.9mg (6.39%), Vitamin B5: 0.63mg (6.34%), Zinc: 0.7mg (4.68%), Selenium: 2.51µg (3.59%)