



WHATSheATE



Grilled Fingerling Potato Salad with Feta, Green Beans and Olives

READY IN



30 min.

SERVINGS



6

CALORIES



656 kcal

SIDE DISH

Ingredients

- ☐ 6 servings canola oil for grilling
- ☐ 2 tablespoons dijon mustard
- ☐ 8 ounces feta crumbled
- ☐ 12 fingerling potatoes
- ☐ 6 servings parsley leaves fresh for garnish
- ☐ 1 tablespoon r honey
- ☐ 0.5 cup kalamata olives pitted
- ☐ 1 tablespoon kosher salt

- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup greek olive oil extra-virgin plus more for drizzling
- ☐ 2 tablespoons lightly oregano fresh chopped
- ☐ 6 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 8 ounces haricot vert trimmed
- ☐ 8 ounces haricot vert trimmed

Equipment

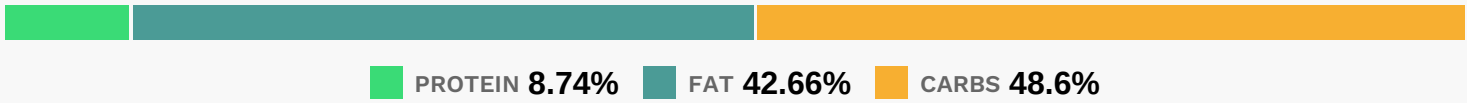
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil and cook the haricot vert until al dente, about 90 seconds. Shock in ice water, drain well, chop in halves or thirds and reserve.
- ☐ Put the potatoes in a large pot, cover with 2 inches cold water and add 1 tablespoon salt. Bring to a boil and cook until a small knife inserted into the center of the potato meets with some resistance, about 5 minutes.
- ☐ Drain well, place on a baking sheet and let cool slightly. Halve lengthwise.
- ☐ Whisk the vinegar, lemon juice, mustard, honey and salt and pepper. Slowly whisk in the olive oil until emulsified.
- ☐ Heat the grill to medium heat. Toss the potatoes with canola oil and sprinkle with salt and pepper. Grill until golden brown in spots, tossing occasionally, about 5 minutes.
- ☐ Remove and toss with some of the vinaigrette.

Combine the potatoes, green beans, feta cheese, olives and oregano in a bowl. Toss with more of the vinaigrette, taste and season with salt and pepper if necessary. Scatter the parsley leaves over the top and drizzle with a bit more olive oil.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:56.47, Inflammation Score:-10, Nutrition Score:32.794782503791%

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: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 655.66kcal (32.78%), Fat: 31.72g (48.8%), Saturated Fat: 7.44g (46.48%), Carbohydrates: 81.32g (27.11%), Net Carbohydrates: 70.48g (25.63%), Sugar: 6.56g (7.29%), Cholesterol: 33.64mg (11.21%), Sodium: 1853.92mg (80.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.23%), Vitamin C: 91.33mg (110.7%), Vitamin K: 99.45µg (94.71%), Vitamin B6: 1.45mg (72.42%), Potassium: 1886.74mg (53.91%), Fiber: 10.85g (43.38%), Manganese: 0.8mg (39.94%), Phosphorus: 382.74mg (38.27%), Vitamin E: 4.39mg (29.24%), Magnesium: 116.47mg (29.12%), Calcium: 281.25mg (28.13%), Vitamin B2: 0.47mg (27.91%), Vitamin B1: 0.42mg (27.9%), Iron: 4.71mg (26.17%), Copper: 0.51mg (25.58%), Vitamin B3: 5.06mg (25.3%), Folate: 92.06µg (23.02%), Vitamin B5: 1.69mg (16.86%), Zinc: 2.47mg (16.45%), Selenium: 8.87µg (12.67%), Vitamin A: 581.95IU (11.64%), Vitamin B12: 0.64µg (10.65%), Vitamin D: 0.15µg (1.01%)