



Grilled New Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

Ingredients

- 3 cups baby arugula loosely packed
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup optional: lemon divided
- 0.3 cup onion red vertically sliced
- 2 pounds potatoes - remove skin red halved
- 0.3 teaspoon salt

Equipment

- bowl

sauce pan

grill

Directions

Prepare grill to medium-high heat.

Place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until the potatoes are almost tender.

Drain and rinse under cold water; drain well.

Place the potatoes in a bowl.

Drizzle with 2 tablespoons of Honeyed Lemon-Dijon Vinaigrette; toss gently to coat.

Place potatoes, cut sides down, on grill rack coated with cooking spray; grill 3 minutes on each side or until potatoes are very tender.

Combine potatoes, arugula, and remaining ingredients in a large bowl.

Drizzle with remaining 6 tablespoons Honeyed Lemon-Dijon Vinaigrette, and toss gently to coat.

Nutrition Facts

 **PROTEIN 10.98%** **FAT 2.48%** **CARBS 86.54%**

Properties

Glycemic Index:14.56, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:6.4400000209394%

Flavonoids

Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 87.25kcal (4.36%), Fat: 0.25g (0.39%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 17.53g (6.37%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 95.59mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin C: 18.27mg (22.15%), Potassium: 570.07mg (16.29%),

Vitamin K: 11.59µg (11.03%), Vitamin B6: 0.22mg (10.75%), Manganese: 0.2mg (10.13%), Fiber: 2.52g (10.08%),
Copper: 0.17mg (8.27%), Phosphorus: 76.74mg (7.67%), Magnesium: 30.14mg (7.54%), Folate: 30.1µg (7.53%),
Vitamin B1: 0.1mg (6.85%), Vitamin B3: 1.35mg (6.73%), Iron: 1.03mg (5.74%), Vitamin B5: 0.38mg (3.81%), Vitamin A:
189.27IU (3.79%), Zinc: 0.43mg (2.85%), Calcium: 28.26mg (2.83%), Vitamin B2: 0.05mg (2.69%)