



Grilled New Potatoes and Zucchini with Radicchio, Goat Cheese and Aged Sherry Vinaigrette

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



486 kcal

SIDE DISH

Ingredients

- 4 servings canola oil
- 4 servings chives chopped
- 1 tablespoon dijon mustard
- 4 ounces goat cheese crumbled
- 2 teaspoons honey
- 2 pounds new potatoes red soft

- 0.8 cup olive oil extra-virgin
- 1 large head salt and pepper radicchio black freshly ground quartered
- 4 servings salt and pepper black freshly ground
- 1 small shallots finely chopped
- 0.5 cup aged sherry wine vinegar
- 2 medium zucchini scrubbed

Equipment

- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Heat the grill to high. Slice the potatoes in half and zucchini into 1/4-inch thick slices; brush both sides with oil and season with salt and pepper, to taste. Grill the potatoes and zucchini until golden brown on both sides and just cooked through, about 3 to 4 minutes per side.
- Brush radicchio with oil, put on the grill and cook until lightly charred. While the potatoes, zucchini and radicchio are grilling, whisk together the vinegar, shallot, mustard and honey in a medium bowl until combined. Slowly whisk in the olive oil until emulsified and season with salt and pepper, to taste.
- Put the potatoes, zucchini and radicchio in a bowl and gently toss with 1 cup of the vinaigrette. Season with salt and pepper, to taste.
- Transfer the potato mixture to a platter and top with the goat cheese.
- Drizzle with more of the dressing and sprinkle with chopped chives.

Nutrition Facts

  
 PROTEIN **9.27%**  FAT **52.48%**  CARBS **38.25%**

Properties

Glycemic Index:80.51, Glycemic Load:31.14, Inflammation Score:-7, Nutrition Score:20.339565137158%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 485.78kcal (24.29%), Fat: 28.75g (44.22%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 40.7g (14.8%), Sugar: 7.91g (8.79%), Cholesterol: 13.04mg (4.35%), Sodium: 170.57mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Vitamin C: 63.48mg (76.95%), Vitamin B6: 0.93mg (46.35%), Potassium: 1265.63mg (36.16%), Manganese: 0.65mg (32.38%), Copper: 0.52mg (26.16%), Fiber: 6.45g (25.81%), Vitamin E: 3.83mg (25.53%), Vitamin K: 26.7µg (25.43%), Phosphorus: 250.55mg (25.06%), Magnesium: 79.74mg (19.93%), Vitamin B1: 0.26mg (17.16%), Iron: 3.05mg (16.94%), Folate: 66.78µg (16.69%), Vitamin B2: 0.28mg (16.43%), Vitamin B3: 3mg (15.01%), Vitamin B5: 1.1mg (11.04%), Vitamin A: 541.74IU (10.83%), Calcium: 91.81mg (9.18%), Zinc: 1.31mg (8.72%), Selenium: 3.07µg (4.39%)