






 **69%**
HEALTH SCORE

Grilled Potato and Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

25 min.

SERVINGS

6

CALORIES

249 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 1 bay leaf
- 2 pounds fingerling potatoes
- 2 tablespoons parsley fresh chopped
- 6 cloves garlic crushed
- 6 servings kosher salt
- 5 tablespoons olive oil extra-virgin
- 2 bunches scallions trimmed
- 2 tablespoons sherry vinegar

- 4 bell peppers red yellow stemmed quartered (and/or)

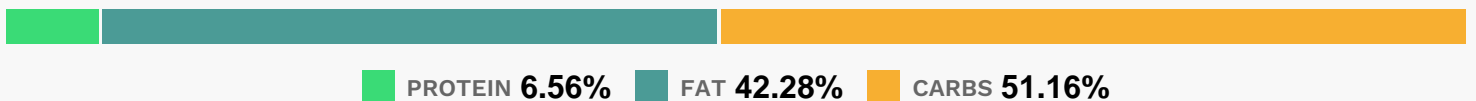
Equipment

- bowl
- sauce pan
- knife
- grill
- cutting board

Directions

- Put the potatoes, garlic and bay leaf in a saucepan; cover with water and season with salt. Bring to a boil, lower the heat and simmer until almost tender, about 5 minutes.
- Drain, discarding the bay leaf; transfer the potatoes to a bowl (halve any that are large).
- Add the peppers and scallions; drizzle with 2 tablespoons olive oil, season with salt and toss.
- Preheat a grill to medium. Grill the vegetables, turning occasionally, until the potatoes are tender and the peppers and scallions are charred, 3 minutes for the scallions and 5 to 6 minutes for the potatoes and peppers.
- Transfer to a cutting board to cool slightly.
- Scrape the skin off the peppers with a paring knife and cut them into large chunks; coarsely chop the scallions.
- Combine the potatoes, peppers and scallions in a serving bowl.
- Drizzle with the vinegar and the remaining 3 tablespoons olive oil.
- Sprinkle with the parsley and season with salt; toss.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:20.75, Inflammation Score:-9, Nutrition Score:18.852173981459%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 248.69kcal (12.43%), Fat: 12.08g (18.59%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 27.58g (10.03%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 209.21mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin C: 135.58mg (164.34%), Vitamin A: 2680.33IU (53.61%), Vitamin K: 52.26µg (49.77%), Vitamin B6: 0.72mg (36.02%), Potassium: 847.63mg (24.22%), Fiber: 5.31g (21.25%), Vitamin E: 3.01mg (20.03%), Manganese: 0.39mg (19.47%), Folate: 67.95µg (16.99%), Vitamin B3: 2.45mg (12.26%), Magnesium: 47.54mg (11.88%), Vitamin B1: 0.18mg (11.69%), Phosphorus: 115.55mg (11.56%), Iron: 1.87mg (10.38%), Copper: 0.2mg (9.75%), Vitamin B2: 0.13mg (7.46%), Vitamin B5: 0.73mg (7.28%), Zinc: 0.72mg (4.8%), Calcium: 37.4mg (3.74%), Selenium: 1.01µg (1.44%)