



Grilled Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



26 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

Ingredients

- 4 cups arugula chopped
- 2 tablespoons grill seasoning blend (recommended: Montreal Steak Seasoning by McCormick Grill Mates)
- 2 navel oranges peeled chopped
- 5 tablespoons olive oil extra-virgin divided
- 1 small onion red thinly sliced
- 2 tablespoons red wine vinegar
- 2 tablespoons rosemary leaves chopped
- 4 large yukon gold potatoes sliced

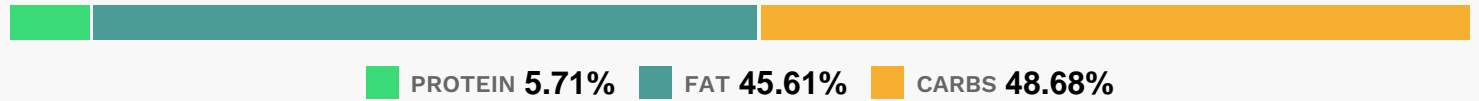
Equipment

- bowl
- grill

Directions

- Watch how to make this recipe.
- Place potatoes in large bowl and toss with about 3 tablespoons extra-virgin olive oil, 2 tablespoons grill seasoning and rosemary. Grill potatoes 4 to 5 minutes on each side.
- While the potatoes are cooking, combine oranges and red onion and dress with red wine vinegar and some extra-virgin olive oil.
- Remove the potatoes from the grill to the dressed oranges and onions, toss to coat. When you grill potatoes they will be slightly drier than when you use other methods of cooking. By adding the potatoes to the dressing while they are hot, they really will soak in the dressing.
- When ready to serve, add the arugula to the potatoes and toss to distribute.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:22.59, Inflammation Score:-8, Nutrition Score:18.852173753407%

Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 8.52mg, Kaempferol: 8.52mg, Kaempferol: 8.52mg, Kaempferol: 8.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 346.77kcal (17.34%), Fat: 18.22g (28.03%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 37.03g (13.46%), Sugar: 8.91g (9.9%), Cholesterol: 0mg (0%), Sodium: 19.39mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin C: 80.78mg (97.92%), Vitamin K: 51.78µg (49.32%), Vitamin B6: 0.65mg (32.41%), Potassium: 972.18mg (27.78%), Manganese: 0.54mg (26.97%), Fiber: 6.72g

(26.88%), Folate: 81.46µg (20.36%), Vitamin E: 2.76mg (18.4%), Magnesium: 65.93mg (16.48%), Iron: 2.9mg (16.09%), Vitamin A: 735.37IU (14.71%), Vitamin B1: 0.22mg (14.36%), Phosphorus: 136.1mg (13.61%), Copper: 0.26mg (13%), Calcium: 122.17mg (12.22%), Vitamin B3: 2.25mg (11.26%), Vitamin B5: 0.81mg (8.07%), Vitamin B2: 0.12mg (7.23%), Zinc: 0.79mg (5.25%), Selenium: 0.9µg (1.28%)