



Grilled Potato Salad with Watercress, Green Onions, and Blue Cheese Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 teaspoons dijon mustard
- ☐ 3 green onions chopped
- ☐ 0.5 cup olive oil
- ☐ 6 servings additional olive oil
- ☐ 2.8 pounds red-skinned potatoes unpeeled
- ☐ 1 large shallots chopped

- ☐ 0.3 cup sherry wine vinegar
- ☐ 2 bunches watercress trimmed

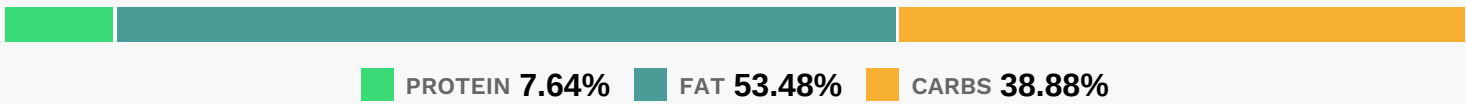
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Combine vinegar, shallot, and mustard in medium bowl. Gradually whisk in oil.
- ☐ Mix in cheese. Season vinaigrette to taste with salt and pepper.
- ☐ Cook potatoes in large pot of boiling salted water until almost tender, about 16 minutes.
- ☐ Drain; cool completely.
- ☐ Cut potatoes into 1/4- to 1/2-inch-thick rounds.
- ☐ Brush rounds on both sides with oil; sprinkle with salt and pepper.
- ☐ Prepare barbecue (medium-high heat). Arrange watercress on platter. Grill potatoes until golden and cooked through, about 3 minutes per side.
- ☐ Mound warm potatoes atop watercress; sprinkle with green onions. Spoon vinaigrette over potatoes.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:13.88565222595%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin:

4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 349.57kcal (17.48%), Fat: 21.2g (32.62%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 30.75g (11.18%), Sugar: 3.25g (3.61%), Cholesterol: 8.44mg (2.81%), Sodium: 191.15mg (8.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin K: 50.21µg (47.82%), Potassium: 1039.27mg (29.69%), Vitamin C: 22.98mg (27.85%), Vitamin B6: 0.4mg (20.1%), Phosphorus: 182.67mg (18.27%), Vitamin E: 2.71mg (18.05%), Manganese: 0.35mg (17.39%), Fiber: 3.94g (15.75%), Copper: 0.3mg (15.02%), Magnesium: 53.35mg (13.34%), Vitamin B3: 2.57mg (12.85%), Vitamin B1: 0.19mg (12.54%), Folate: 47.59µg (11.9%), Iron: 1.88mg (10.43%), Calcium: 97.87mg (9.79%), Vitamin A: 427.48IU (8.55%), Vitamin B5: 0.82mg (8.22%), Vitamin B2: 0.12mg (7.3%), Zinc: 1.05mg (6.99%), Selenium: 3.4µg (4.85%), Vitamin B12: 0.14µg (2.29%)