



Grilled Warm Potato Salad with Roasted Garlic and Black Olive Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

Ingredients



4 servings canola oil



8 cloves garlic peeled chopped



1 tablespoon honey



0.5 cup kalamata olives pitted coarsely chopped



2.5 pounds new potatoes red sliced in 1/2 or into rounds



0.5 cup olive oil



4 servings parsley sprig for garnish

- ☐ 2 tablespoons parsley leaves chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground

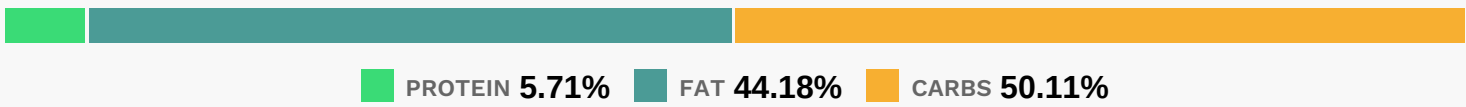
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the garlic, vinegar, honey, and salt and pepper, to taste, in a bowl until smooth. While whisking, add the oil until the mixture has emulsified.
- ☐ Pour into a large serving bowl and stir in the olives and parsley.
- ☐ Heat the grill to high.
- ☐ Brush both sides of the potatoes with canola oil and season with salt and pepper, to taste. Grill until lightly golden brown on both sides and cooked through. Coarsely chop the potatoes and add them to the dressing. Toss to coat and serve.

Nutrition Facts



Properties

Glycemic Index:65.51, Glycemic Load:39.14, Inflammation Score:-7, Nutrition Score:21.890434710876%

Flavonoids

Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 443.7kcal (22.19%), Fat: 22.32g (34.33%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 56.96g (18.99%), Net Carbohydrates: 49.81g (18.11%), Sugar: 6.72g (7.47%), Cholesterol: 0mg (0%), Sodium: 285.88mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Vitamin K: 117.52µg (111.92%), Vitamin C: 65.78mg (79.74%), Vitamin B6: 0.92mg (46.14%), Potassium: 1266.4mg (36.18%), Fiber: 7.15g (28.61%), Manganese: 0.57mg (28.29%), Vitamin E: 3.95mg (26.33%), Magnesium: 72.29mg (18.07%), Copper: 0.36mg (17.88%), Phosphorus: 176.2mg (17.62%), Vitamin B1: 0.25mg (16.51%), Iron: 2.88mg (16%), Vitamin B3: 3.16mg (15.78%), Folate: 55.29µg (13.82%), Vitamin A: 578.52IU (11.57%), Vitamin B5: 0.91mg (9.08%), Zinc: 0.98mg (6.53%), Calcium: 63.42mg (6.34%), Vitamin B2: 0.11mg (6.27%), Selenium: 1.91µg (2.72%)