



Italian Potato Salad



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby arugula loosely packed
- ☐ 2 bay leaves
- ☐ 1 tablespoon dijon mustard
- ☐ 2 pounds fingerling potatoes
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic cloves
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 3 tablespoons red wine vinegar
- ☐ 3 sprigs rosemary fresh (4-inch)
- ☐ 2 oz salami piece cut into thin strips
- ☐ 2 tablespoons shallots chopped ()
- ☐ 2 teaspoons sorghum syrup

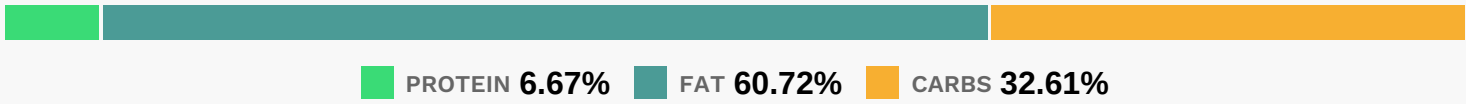
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring first 5 ingredients and water to cover to a boil in a Dutch oven over medium-high heat, and boil 15 to 20 minutes or until potatoes are tender.
- ☐ Drain; discard rosemary, garlic, and bay leaves.
- ☐ Sprinkle potatoes with salt; gently stir to coat. Cool 10 minutes.
- ☐ Meanwhile, saut salami in a medium-size nonstick skillet over medium heat 1 to 2 minutes or until crisp; drain on paper towels.
- ☐ Whisk together shallot and next 4 ingredients.
- ☐ Add 1/3 cup olive oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Cut potatoes in half lengthwise. Toss together potatoes, vinegar mixture, arugula, and tarragon.
- ☐ Add salt and pepper to taste. Top with salami just before serving.

Nutrition Facts



Properties

Glycemic Index:38.22, Glycemic Load:15.01, Inflammation Score:-4, Nutrition Score:9.3726086927497%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 268.83kcal (13.44%), Fat: 18.46g (28.4%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 19.38g (7.05%), Sugar: 1.22g (1.36%), Cholesterol: 5.6mg (1.87%), Sodium: 773.17mg (33.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin C: 24.02mg (29.11%), Vitamin B6: 0.42mg (20.97%), Vitamin K: 17.21µg (16.39%), Potassium: 571.63mg (16.33%), Vitamin E: 2.33mg (15.55%), Manganese: 0.3mg (14.97%), Fiber: 2.93g (11.71%), Vitamin B1: 0.17mg (11.38%), Phosphorus: 95.11mg (9.51%), Iron: 1.6mg (8.9%), Magnesium: 35.04mg (8.76%), Vitamin B3: 1.75mg (8.75%), Copper: 0.15mg (7.56%), Folate: 26.64µg (6.66%), Zinc: 0.72mg (4.81%), Vitamin B2: 0.08mg (4.75%), Vitamin B5: 0.45mg (4.51%), Selenium: 2.98µg (4.26%), Calcium: 37.69mg (3.77%), Vitamin A: 180.34IU (3.61%), Vitamin B12: 0.2µg (3.31%)