



WHATSheATE



Lemon-Arugula Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups arugula loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 7 teaspoons olive oil extra virgin extra-virgin divided
- ☐ 0.4 teaspoon salt
- ☐ 0.5 cup shallots finely chopped (3 small)
- ☐ 1.5 tablespoons sherry vinegar

- ☐ 2 teaspoons dijon mustard stone-ground
- ☐ 2 pounds yukon gold potatoes peeled cut into 1-inch pieces

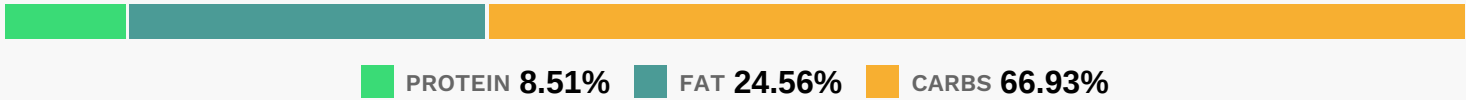
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potato pieces in a medium saucepan; cover with cold water to 2 inches above potatoes. Bring to a boil over medium-high heat. Reduce heat to medium, and gently simmer 10 minutes or until potatoes are tender.
- ☐ Drain potatoes.
- ☐ Heat a small skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add shallots to pan; saut 3 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine shallots, vinegar, mustard, lemon rind, lemon juice, salt, and black pepper in a small bowl, stirring well with a whisk. Gradually add remaining 2 tablespoons oil, stirring constantly with a whisk until combined.
- ☐ Drizzle dressing over warm potatoes; toss gently to coat. Cool completely.
- ☐ Add arugula to potato mixture; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:20.21, Inflammation Score:-5, Nutrition Score:10.047391367995%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 176.23kcal (8.81%), Fat: 4.94g (7.6%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 26.07g (9.48%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 177.8mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 33.39mg (40.47%), Vitamin B6: 0.52mg (26.12%), Potassium: 739.68mg (21.13%), Fiber: 4.22g (16.88%), Manganese: 0.34mg (16.77%), Vitamin K: 15.08µg (14.37%), Magnesium: 44.03mg (11.01%), Phosphorus: 104.68mg (10.47%), Folate: 39.32µg (9.83%), Copper: 0.19mg (9.51%), Vitamin B1: 0.14mg (9.34%), Iron: 1.62mg (9%), Vitamin B3: 1.67mg (8.35%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.74mg (4.93%), Calcium: 41.05mg (4.1%), Vitamin A: 203.42IU (4.07%), Zinc: 0.57mg (3.81%), Vitamin B2: 0.06mg (3.6%), Selenium: 1.29µg (1.84%)