



## Lemon-Basil Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

### Ingredients

- ☐ 10 bacon thick crumbled cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 0.8 cup basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.7 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 medium size purple onion chopped

- ☐ 1 teaspoon salt
- ☐ 10 ounce pkt spinach fresh cut into thin strips
- ☐ 2.5 pounds yukon gold potatoes cut into eighths\*

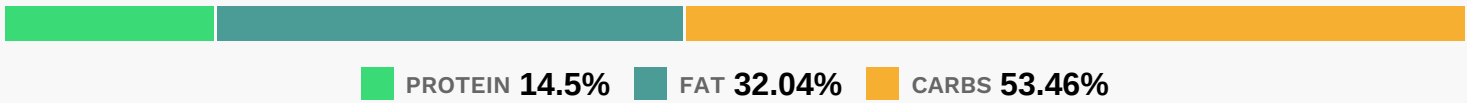
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Arrange potato evenly on a lightly greased 15- x 10-inch jellyroll pan; coat potato with cooking spray.
- ☐ Bake at 475, stirring occasionally, 20 to 25 minutes or until tender and golden.
- ☐ Whisk together lemon juice and next 5 ingredients; whisk in oil in a slow, steady stream. Gently toss potato and onion with 1/2 cup of vinaigrette.
- ☐ Arrange spinach evenly in 6 bowls, and drizzle with remaining vinaigrette. Top with potato mixture; sprinkle with bacon.
- ☐ \*2 1/2 pounds small new potatoes may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:51.13, Glycemic Load:24.81, Inflammation Score:-10, Nutrition Score:26.273477818655%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg

4.59mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 272.74kcal (13.64%), Fat: 9.99g (15.36%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 31.87g (11.59%), Sugar: 2.38g (2.65%), Cholesterol: 13.2mg (4.4%), Sodium: 688.8mg (29.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin K: 247.53µg (235.74%), Vitamin A: 4601.18IU (92.02%), Vitamin C: 56.3mg (68.24%), Manganese: 0.83mg (41.48%), Vitamin B6: 0.77mg (38.42%), Potassium: 1172.68mg (33.51%), Folate: 127.98µg (32%), Magnesium: 90.37mg (22.59%), Fiber: 5.62g (22.49%), Phosphorus: 193.79mg (19.38%), Vitamin B3: 3.81mg (19.05%), Vitamin B1: 0.28mg (18.62%), Iron: 3.12mg (17.35%), Copper: 0.31mg (15.33%), Selenium: 9.01µg (12.87%), Vitamin E: 1.78mg (11.86%), Vitamin B2: 0.19mg (11.24%), Zinc: 1.29mg (8.62%), Calcium: 85.17mg (8.52%), Vitamin B5: 0.79mg (7.92%), Vitamin B12: 0.15µg (2.42%)