



Lemon-Mustard Potato Salad

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- 4 ounces arugula
- 1.5 pounds baby skinned potatoes red halved
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 1 tablespoon thyme leaves fresh chopped
- 2 ounces gorgonzola cheese crumbled
- 0.5 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh (1 large lemon)

- 1 lemon zest
- 3 tablespoons olive oil extra-virgin
- 0.3 cup walnuts toasted chopped
- 1 bell pepper red yellow cored seeded cut into thin strips

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk

Directions

- Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Line a heavy baking sheet with parchment paper. Set aside.
- For the dressing: In a large bowl, whisk together the olive oil, lemon juice, mustard, thyme, salt, pepper and lemon zest until smooth.
- Remove 3 tablespoons of the dressing and reserve.
- Add the potatoes to the bowl and toss until coated with dressing. Arrange the potatoes in an even layer on the prepared baking sheet. Season with salt and pepper. Roast until golden and tender, about 40 minutes.
- In a large bowl, toss together the reserved 3 tablespoons dressing, bell peppers and arugula. Arrange on a platter.
- Place the roasted potatoes on top and sprinkle with the gorgonzola cheese and chopped walnuts if using.

Nutrition Facts



PROTEIN 10.16% **FAT 51.93%** **CARBS 37.91%**

Properties

Glycemic Index:55, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:20.299130552489%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 334.41kcal (16.72%), Fat: 20.17g (31.03%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 27.88g (10.14%), Sugar: 4.74g (5.27%), Cholesterol: 10.63mg (3.54%), Sodium: 576.4mg (25.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Vitamin C: 66.18mg (80.21%), Vitamin K: 44.47µg (42.35%), Vitamin A: 1816.31IU (36.33%), Manganese: 0.69mg (34.72%), Potassium: 1047.58mg (29.93%), Vitamin B6: 0.48mg (23.93%), Folate: 87.85µg (21.96%), Phosphorus: 217.63mg (21.76%), Fiber: 5.25g (21.01%), Copper: 0.4mg (19.84%), Magnesium: 76.65mg (19.16%), Calcium: 161.8mg (16.18%), Vitamin E: 2.26mg (15.04%), Vitamin B1: 0.21mg (14.27%), Iron: 2.56mg (14.22%), Vitamin B3: 2.65mg (13.25%), Vitamin B2: 0.18mg (10.81%), Vitamin B5: 1.03mg (10.3%), Zinc: 1.46mg (9.75%), Selenium: 5.96µg (8.51%), Vitamin B12: 0.17µg (2.88%)