



Make-Ahead Mustardy Quinoa with Sausage, Potato, and Tarragon



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 1.5 tablespoons tarragon fresh minced
- ☐ 2 servings kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large pork sausage sweet crumbled
- ☐ 1 pound potatoes white peeled cut into 1/2-inch dice
- ☐ 0.5 cup quinoa black

☐ 1.5 tablespoons coarse mustard

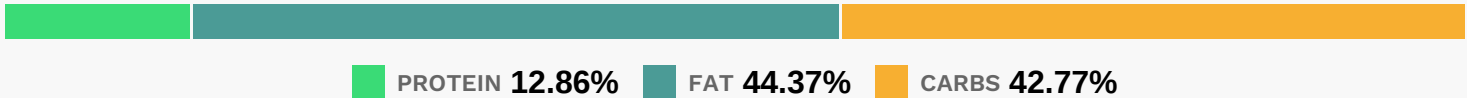
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook quinoa according to package instructions.
- ☐ Place potatoes in pot; cover with cold water by 1 inch and sprinkle liberally with salt. Bring to a boil, and boil under tender, 4 to 5 minutes.
- ☐ Drain. Meanwhile, sauté sausage over medium–low heat until crisp and fat is rendered.
- ☐ Drain on paper towels; reserve rendered fat.
- ☐ Whisk together oil, mustard, tarragon, 1/8 teaspoon salt and reserved fat. Gently mix 1 tablespoon dressing into potatoes while still warm. Fold potatoes, sausage and arugula into quinoa, and toss gently with remaining dressing.
- ☐ Serve immediately, or refrigerate until ready to eat. Reheat or enjoy at room temperature.

Nutrition Facts



Properties

Glycemic Index:122.88, Glycemic Load:30.74, Inflammation Score:-9, Nutrition Score:31.318261125813%

Flavonoids

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: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 8.79mg, Kaempferol: 8.79mg, Kaempferol: 8.79mg, Kaempferol: 8.79mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 653.9kcal (32.7%), Fat: 32.67g (50.25%), Saturated Fat: 7.41g (46.28%), Carbohydrates: 70.85g (23.62%), Net Carbohydrates: 61.7g (22.43%), Sugar: 2.34g (2.6%), Cholesterol: 40.68mg (13.56%), Sodium: 701.55mg

(30.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Manganese: 1.74mg (87.19%), Vitamin C: 50.74mg (61.51%), Vitamin B6: 1.2mg (59.89%), Potassium: 1583.61mg (45.25%), Magnesium: 176.82mg (44.21%), Phosphorus: 438.76mg (43.88%), Folate: 149.62µg (37.41%), Fiber: 9.16g (36.63%), Iron: 6.59mg (36.58%), Vitamin B1: 0.53mg (35.54%), Vitamin K: 34.93µg (33.27%), Vitamin B3: 6.29mg (31.44%), Copper: 0.59mg (29.61%), Zinc: 3.57mg (23.82%), Vitamin E: 3.31mg (22.06%), Vitamin B2: 0.37mg (21.86%), Calcium: 151.42mg (15.14%), Vitamin A: 755.95IU (15.12%), Vitamin B5: 1.5mg (15%), Selenium: 8.41µg (12.01%), Vitamin B12: 0.48µg (8%), Vitamin D: 0.73µg (4.9%)