



Mustard-Vinaigrette Roasted Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 2 lb potatoes – remove skin red unpeeled quartered
- ☐ 3 cloves garlic sliced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 serving salt and pepper freshly ground to taste
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 2 juice of lemon
- ☐ 1 teaspoon honey

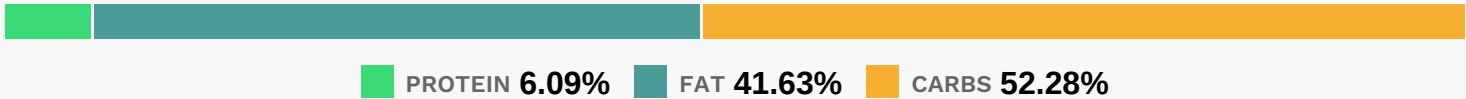
Equipment

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

Directions

- ☐ Heat oven to 450°F. In 13x9 pan, toss together potatoes, garlic, oil, salt and pepper. Roast uncovered about 30 minutes, stirring halfway through, until potatoes are golden and tender.
- ☐ In medium bowl, whisk together mustard, lemon juice and honey.
- ☐ Add roasted potatoes; including garlic, oil and parsley. Using a rubber spatula, stir mixture until potatoes are coated.
- ☐ Let stand 15 minutes to marinate before serving, or cover and refrigerate overnight.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:11.306956442802%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 291.6kcal (14.58%), Fat: 13.95g (21.46%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 35.36g (12.86%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 117.66mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Vitamin C: 26.06mg (31.59%), Potassium: 1061.34mg (30.32%), Vitamin B6: 0.42mg (21.13%), Manganese: 0.37mg (18.56%), Fiber: 4.06g (16.24%), Copper: 0.32mg (15.78%), Phosphorus: 145.77mg (14.58%), Vitamin K: 15.19µg (14.47%), Vitamin E: 2mg (13.33%), Vitamin B3: 2.65mg (13.26%), Magnesium: 52.61mg (13.15%), Vitamin B1: 0.2mg (13.1%), Folate: 44.14µg (11.03%), Iron: 1.83mg (10.17%), Vitamin B5: 0.67mg (6.75%), Zinc: 0.8mg (5.35%), Vitamin B2: 0.08mg (4.55%), Selenium: 2.33µg (3.33%), Calcium: 29.53mg (2.95%)