



## Nava Atlas' Three-Potato Salad with Arugula

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

### Ingredients

- 2 tablespoons apple cider vinegar
- 3 handfuls baby arugula stemmed rinsed chopped
- 2 celery stalks thinly sliced
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons optional: dill fresh minced
- 2 medium potatoes yellow
- 3 medium purple potatoes blue
- 0.5 medium bell pepper diced red finely

- 8 servings salt and pepper freshly ground to taste
- 0.3 cup sun-dried olives pitted sliced
- 8 servings sunflower seeds toasted for topping, as desired (pepitas)
- 1 medium sweet potatoes and into

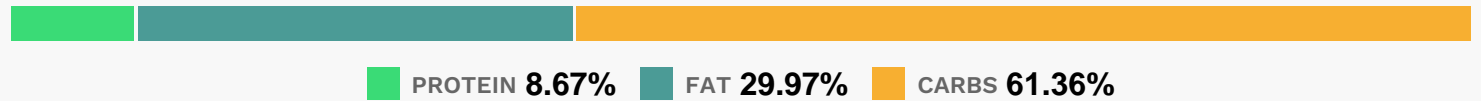
## Equipment

- mixing bowl

## Directions

- Let stand until cool enough to handle, then peel and cut into 1/2- to 3/4-inch dice.
- Combine the potatoes in a mixing bowl with the celery, bell pepper, olives, olive oil, vinegar, dill, salt, and pepper. Stir together gently. Stir half of the arugula in with the potatoes and line a serving platter with the rest. Mound the potato salad onto the platter, and scatter the seeds over the top.
- Serve at once.

## Nutrition Facts



## Properties

Glycemic Index:53.31, Glycemic Load:11.31, Inflammation Score:-10, Nutrition Score:11.94739107982%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 124.17kcal (6.21%), Fat: 4.29g (6.61%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 16.66g (6.06%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 221.39mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin A: 4472.64IU (89.45%), Vitamin C: 25.14mg (30.48%), Potassium: 562.56mg (16.07%), Manganese: 0.31mg (15.7%), Vitamin B6: 0.29mg (14.69%), Vitamin K:

14.57µg (13.87%), Fiber: 3.12g (12.48%), Copper: 0.2mg (9.94%), Magnesium: 37.87mg (9.47%), Vitamin B1: 0.12mg (7.79%), Phosphorus: 77.05mg (7.7%), Folate: 29.36µg (7.34%), Vitamin E: 1.09mg (7.25%), Iron: 1.29mg (7.17%), Vitamin B3: 1.39mg (6.96%), Vitamin B5: 0.57mg (5.71%), Vitamin B2: 0.08mg (4.48%), Calcium: 35.09mg (3.51%), Zinc: 0.46mg (3.06%), Selenium: 1.17µg (1.67%)