



New potato & roasted pepper salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



953 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g baby potatoes halved
- ☐ 6 tbsp olive oil
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp coarse mustard
- ☐ 300 g mozzarella cheese drained
- ☐ 180 g baby spinach
- ☐ 200 g olive oil drained
- ☐ 1 handful basil fresh

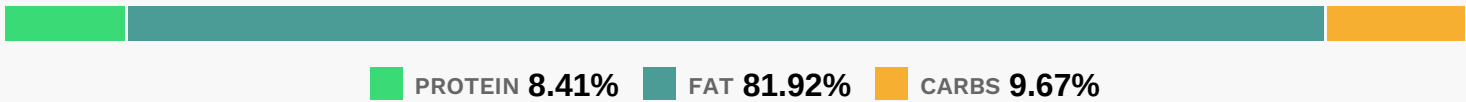
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook the potatoes in boiling water for 10–15 minutes, then drain. Make the dressing by whisking together the oil, lemon juice, mustard and some seasoning if you want.
- ☐ Put all the other ingredients, including the warm potatoes, in a large bowl.
- ☐ Drizzle over the dressing and lightly toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.19, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:29.222608918729%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 952.84kcal (47.64%), Fat: 88.18g (135.66%), Saturated Fat: 19.73g (123.32%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 19.75g (7.18%), Sugar: 1.99g (2.21%), Cholesterol: 59.25mg (19.75%), Sodium: 555.28mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.75%), Vitamin K: 266.09µg (253.42%), Vitamin A: 4758.16IU (95.16%), Vitamin E: 11.31mg (75.43%), Calcium: 440.98mg (44.1%), Vitamin C: 36.36mg (44.08%), Phosphorus: 356.3mg (35.63%), Manganese: 0.62mg (31.01%), Vitamin B12: 1.71µg (28.5%), Folate: 111.9µg (27.98%), Potassium: 793.4mg (22.67%), Vitamin B6: 0.45mg (22.62%), Selenium: 14.82µg (21.17%), Vitamin B2: 0.34mg (19.81%), Magnesium: 78.77mg (19.69%), Zinc: 2.78mg (18.56%), Iron: 2.9mg (16.13%), Fiber: 3.65g (14.58%), Vitamin B1: 0.16mg (10.38%), Copper: 0.19mg (9.68%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.49mg (4.85%),

Vitamin D: 0.3µg (2%)