



New Potato Salad With Arugula

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 4 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup feta cheese
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 2 pounds potatoes red halved quartered (or if small)

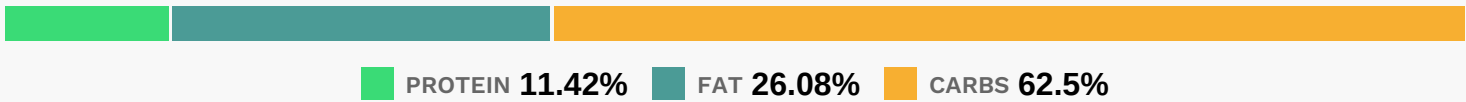
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Preheat oven to 47
- ☐ Combine potatoes, 1 teaspoon salt, pepper, and 1/2 tablespoon oil in bowl; toss to coat. Arrange potatoes in a single layer on baking sheet.
- ☐ Bake 25 minutes, turning after 15 minutes.
- ☐ Place garlic on cutting board; sprinkle with a dash of salt, and crush with flat side of a large knife to make a paste.
- ☐ Place feta in bowl; mash with back of a spoon.
- ☐ Add yogurt, lemon juice, remaining oil, and garlic paste, stirring with a whisk.
- ☐ Combine arugula, olives, parsley, and half of feta dressing in large bowl; toss to coat.
- ☐ Add potatoes; toss until arugula wilts, and cool 5 min-utes. Toss with remaining dressing and serve.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:15.556521602299%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 243.38kcal (12.17%), Fat: 7.31g (11.25%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 34.88g (12.68%), Sugar: 4.72g (5.24%), Cholesterol: 8.65mg (2.88%), Sodium: 878.72mg (38.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Vitamin K: 47.42µg (45.16%), Potassium: 1170.28mg (33.44%), Vitamin C: 26.38mg (31.98%), Vitamin B6: 0.46mg (23.19%), Manganese: 0.42mg (20.98%), Phosphorus: 207.09mg (20.71%), Fiber: 4.55g (18.2%), Copper: 0.34mg (17.06%), Folate: 68µg (17%), Magnesium: 66.17mg (16.54%), Vitamin B1: 0.22mg (14.66%), Vitamin B3: 2.82mg (14.12%), Calcium: 139.78mg (13.98%), Vitamin A: 649.6IU (12.99%), Iron: 2.18mg (12.11%), Vitamin B2: 0.21mg (12.11%), Vitamin B5: 0.93mg (9.28%), Zinc: 1.29mg (8.6%), Vitamin E: 0.97mg (6.46%), Selenium: 3.35µg (4.78%), Vitamin B12: 0.25µg (4.2%)