



## Potato, Italian Sausage, and Arugula Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 cups arugula
- ☐ 1 lb ground sausage sweet italian hot
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 lb potato boiling ()
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 tablespoons red-wine vinegar
- ☐ 0.5 cup roasted peppers red drained cut into 1/4-inch strips
- ☐ 1.3 teaspoons salt

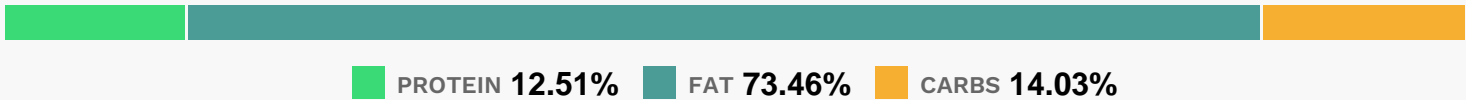
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ colander

# Directions

- ☐ Soak onion in cold water to cover 15 minutes.
- ☐ Drain and pat dry.
- ☐ Meanwhile, cover potatoes with salted cold water by 2 inches in a 3-quart heavy saucepan and simmer, uncovered, until just tender, 15 to 25 minutes.
- ☐ Drain in a colander and cool slightly.
- ☐ While potatoes are simmering, prick sausages once or twice with a fork, then cook in 1 tablespoon oil in a large heavy skillet over moderate heat, turning occasionally, until browned and cooked through, about 10 minutes.
- ☐ Transfer to paper towels to drain. When sausages are cool enough to handle, cut diagonally into 1/2-inch pieces.
- ☐ Whisk together vinegar and salt in a large bowl until salt is dissolved. When potatoes are just cool enough to handle (but still warm), peel and cut into 1-inch cubes, adding to vinegar as cut, and toss gently.
- ☐ Add onion, sausages, roasted peppers, arugula, remaining 3 tablespoons oil, and salt and pepper to taste to potatoes and toss well.

# Nutrition Facts



# Properties

Glycemic Index:21.75, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:18.968260889468%

## 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: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

## Nutrients (% of daily need)

Calories: 610.4kcal (30.52%), Fat: 49.88g (76.74%), Saturated Fat: 14.78g (92.39%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 18.76g (6.82%), Sugar: 2.44g (2.71%), Cholesterol: 86.18mg (28.73%), Sodium: 1822.45mg (79.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.22%), Vitamin B1: 0.76mg (50.35%), Selenium: 28.87µg (41.24%), Vitamin K: 33.57µg (31.97%), Vitamin B6: 0.59mg (29.74%), Vitamin C: 24.18mg (29.31%), Potassium: 924.89mg (26.43%), Vitamin B3: 5.16mg (25.81%), Phosphorus: 248.56mg (24.86%), Vitamin B12: 1.03µg (17.2%), Zinc: 2.56mg (17.04%), Manganese: 0.34mg (17.02%), Iron: 2.74mg (15.25%), Vitamin B2: 0.25mg (14.81%), Copper: 0.29mg (14.36%), Vitamin E: 2.12mg (14.11%), Folate: 54.22µg (13.55%), Magnesium: 53.8mg (13.45%), Vitamin A: 573.8IU (11.48%), Fiber: 2.68g (10.74%), Vitamin B5: 1.01mg (10.05%), Calcium: 75.03mg (7.5%)