



Roasted Green-Bean and Potato Salad with Soppessata and Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



732 kcal

SIDE DISH

Ingredients

- 0.5 cup flat-leaf parsley chopped
- 2 teaspoons thyme leaves dried fresh chopped
- 1 pound green beans
- 0.3 teaspoon fresh-ground pepper black
- 2 teaspoons juice of lemon
- 0.5 pound mozzarella cheese fresh salted cut into 1/2-inch cubes, at room temperature
- 2 pounds new potatoes

- 7.5 tablespoons olive oil
- 0.8 teaspoon salt
- 0.3 pound soppressata hard sliced cut into quarters

Equipment

- bowl
- baking sheet
- oven
- spatula

Directions

- Heat the oven to 45
- On a baking sheet, toss the potatoes with the green beans, 3 1/2 tablespoons of the oil, 1/2 teaspoon of the salt, and the dried thyme, if using. Roast in the center of the oven for 20 minutes. Turn the potatoes and beans with a spatula and then sprinkle with the fresh thyme, if using. Roast until the vegetables are golden and tender, about 10 minutes longer.
- Transfer the vegetables to a large bowl.
- Add the remaining 4 tablespoons oil and 1/4 teaspoon salt, the soppressata, mozzarella, parsley, and pepper to the bowl and toss.
- Add the lemon juice and toss again.
- Let stand for 5 minutes to absorb the dressing before serving.
- Variations: * Line the plates with thin slices of prosciutto and top with the salad. *
- Add a roasted, peeled, seeded, and sliced red bell pepper. *
- Add a quarter cup of halved and pitted black olives.
- Wine Recommendation: Franciacorta, made in Lombardy from an eclectic hodgepodge of grapes, is an offbeat choice but a good one. A lively, exuberantly fruity red wine, it partners salty foods well.

Nutrition Facts

 PROTEIN 13.89%  FAT 59.16%  CARBS 26.95%

Properties

Glycemic Index:62.19, Glycemic Load:31.78, Inflammation Score:-9, Nutrition Score:33.865217115568%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 732.26kcal (36.61%), Fat: 49.04g (75.45%), Saturated Fat: 14.59g (91.2%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 41.74g (15.18%), Sugar: 6.19g (6.87%), Cholesterol: 67.19mg (22.4%), Sodium: 1457.69mg (63.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.84%), Vitamin K: 201.95µg (192.34%), Vitamin C: 69.71mg (84.49%), Vitamin B6: 1.02mg (50.84%), Phosphorus: 443.75mg (44.38%), Potassium: 1394.54mg (39.84%), Calcium: 380.22mg (38.02%), Vitamin B1: 0.56mg (37.66%), Vitamin A: 1821.9IU (36.44%), Manganese: 0.7mg (34.87%), Vitamin B12: 2.09µg (34.78%), Fiber: 8.52g (34.09%), Vitamin E: 4.47mg (29.83%), Vitamin B2: 0.45mg (26.73%), Iron: 4.8mg (26.68%), Selenium: 18.24µg (26.06%), Zinc: 3.89mg (25.94%), Magnesium: 103.31mg (25.83%), Vitamin B3: 5mg (24.98%), Folate: 91.54µg (22.88%), Copper: 0.39mg (19.63%), Vitamin B5: 1.34mg (13.42%), Vitamin D: 0.23µg (1.51%)