



Roasted Leek and Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons capers drained chopped
- ☐ 4 hard-cooked eggs sliced quartered
- ☐ 4 medium leeks white green halved lengthwise
- ☐ 2 cups baby greens mixed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 tablespoon whole-grain mustard

☐ 1 pound baby yukon gold potatoes halved lengthwise

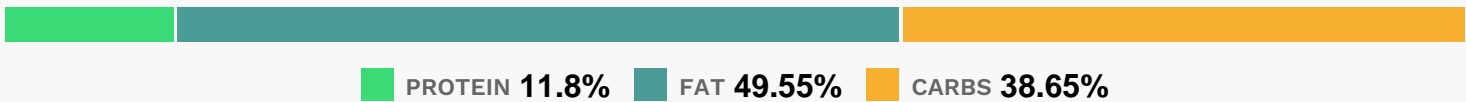
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 42
- ☐ On a large rimmed baking sheet, toss the leeks and potatoes with 2 tablespoons of olive oil; season with salt and pepper. Arrange the leeks and potatoes on the baking sheet, cut side down, and roast them on the bottom rack of the oven for 20 minutes, or until the leeks are lightly browned and tender.
- ☐ Transfer the leeks to a work surface and cut them crosswise into 2-inch lengths. Continue to roast the potatoes for about 10 minutes longer, or until they are browned and tender.
- ☐ In a small bowl, whisk the remaining 1/4 cup of olive oil with the red wine vinegar, mustard and capers and season the vinaigrette with salt and pepper. In a medium bowl, toss the greens with 1 tablespoon of the vinaigrette and arrange on 4 plates.
- ☐ Put the leeks and potatoes in the bowl and toss with all but 2 tablespoons of the vinaigrette. Arrange the leeks and potatoes on the greens.
- ☐ Garnish the salads with the eggs, drizzle the remaining vinaigrette on top and serve.
- ☐ Wine Recommendation: A tart, fruity Pinot Noir with low tannin echoes the flavor of the leeks and acts as a counterpoint to the grainy mustard and hard-to-match eggs. Look for California examples from Carneros, such as the 1999 Carneros Creek or the 2000 Acacia Carneros.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:18.05, Inflammation Score:-9, Nutrition Score:20.248260912688%

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 Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 345.59kcal (17.28%), Fat: 19.32g (29.73%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 29.63g (10.77%), Sugar: 4.97g (5.53%), Cholesterol: 186.5mg (62.17%), Sodium: 355.4mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin K: 52.56µg (50.06%), Vitamin C: 37.75mg (45.76%), Vitamin A: 1977.14IU (39.54%), Manganese: 0.66mg (33.22%), Vitamin B6: 0.62mg (31.06%), Folate: 105µg (26.25%), Selenium: 18µg (25.71%), Vitamin E: 3.31mg (22.07%), Potassium: 744.13mg (21.26%), Iron: 3.66mg (20.34%), Vitamin B2: 0.33mg (19.61%), Phosphorus: 194.34mg (19.43%), Fiber: 4.29g (17.16%), Magnesium: 60.64mg (15.16%), Vitamin B1: 0.19mg (12.69%), Copper: 0.25mg (12.66%), Vitamin B5: 1.19mg (11.95%), Calcium: 97.19mg (9.72%), Vitamin B12: 0.56µg (9.25%), Vitamin B3: 1.72mg (8.6%), Vitamin D: 1.1µg (7.33%), Zinc: 1.03mg (6.88%)