



## Roasted Potato and Fennel Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 fennel bulbs cut into 1-inch chunks
- ☐ 3 tablespoons chives fresh minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons olive oil
- ☐ 5 pound potatoes red cut into 1-inch chunks
- ☐ 1 teaspoon salt

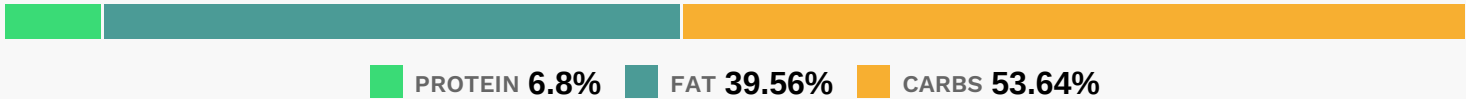
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

# Directions

- ☐ Preheat the oven to 425 degrees F. Line a rimmed baking sheet with aluminum foil.
- ☐ Combine the potatoes, fennel, olive oil, salt and pepper in a large bowl.
- ☐ Spread the mixture in a single layer on the prepared baking sheet.
- ☐ Bake until the potatoes are tender and lightly browned, about 25 minutes. Cool, about 30 minutes.
- ☐ Combine the mayonnaise, chives and parsley in a large bowl.
- ☐ Add the cooled potato mixture, tossing gently to combine.
- ☐ Serve immediately, or cover and chill up to 3 days.

# Nutrition Facts



# Properties

Glycemic Index:17, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:12.018695626246%

# Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

# Nutrients (% of daily need)

Calories: 239.35kcal (11.97%), Fat: 10.83g (16.67%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 28.58g (10.39%), Sugar: 4.04g (4.49%), Cholesterol: 3.92mg (1.31%), Sodium: 307.65mg

(13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin K: 54.49µg (51.9%), Potassium: 1028.51mg (29.39%), Vitamin C: 21.81mg (26.44%), Fiber: 4.47g (17.89%), Manganese: 0.36mg (17.8%), Vitamin B6: 0.34mg (17.1%), Copper: 0.28mg (14.19%), Phosphorus: 137.51mg (13.75%), Magnesium: 48.93mg (12.23%), Vitamin B3: 2.43mg (12.16%), Folate: 46.32µg (11.58%), Vitamin B1: 0.16mg (10.59%), Iron: 1.75mg (9.7%), Vitamin E: 1.06mg (7.07%), Vitamin B5: 0.64mg (6.39%), Zinc: 0.72mg (4.83%), Vitamin B2: 0.07mg (4.36%), Calcium: 40.43mg (4.04%), Vitamin A: 132.74IU (2.65%), Selenium: 1.44µg (2.06%)