



Roasted Potato and Red Pepper Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons asiago cheese freshly grated (or Parmesan)
- 1 tablespoon rosemary fresh minced
- 0.3 cup mayonnaise reduced-fat
- 0.3 cup olive oil vinaigrette divided reduced-fat
- 0.3 teaspoon pepper freshly ground
- 1.5 pounds round potatoes red
- 12 ounce roasted peppers red rinsed drained cut into 1-inch pieces

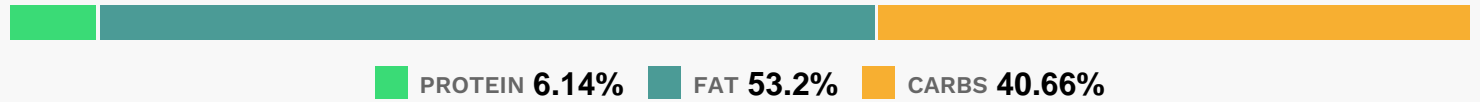
Equipment

- bowl
- oven
- roasting pan

Directions

- Cut potatoes into 1-inch pieces.
- Combine potato, rosemary, and 1/4 teaspoon pepper in a large bowl.
- Add 2 tablespoons vinaigrette; toss well.
- Let stand 15 minutes.
- Place potato mixture in a shallow roasting pan coated with cooking spray.
- Bake at 400 for 40 to 45 minutes or until potato is tender.
- Let cool slightly.
- Combine remaining 2 tablespoons vinaigrette, mayonnaise, and cheese in a large bowl, stirring well.
- Add roasted potato mixture and roasted pepper; toss lightly.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:9.1552173532546%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 205.94kcal (10.3%), Fat: 12.54g (19.3%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 18.89g (6.87%), Sugar: 1.92g (2.13%), Cholesterol: 3.12mg (1.04%), Sodium: 926.52mg (40.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin C: 36.19mg (43.87%), Potassium: 607.56mg (17.36%), Vitamin B6: 0.3mg (14.84%), Vitamin K: 15.55µg (14.81%), Manganese: 0.27mg (13.28%), Copper: 0.23mg (11.53%), Fiber: 2.68g (10.7%), Vitamin E: 1.58mg (10.56%), Phosphorus: 94.3mg (9.43%), Magnesium:

32.61mg (8.15%), Vitamin B3: 1.62mg (8.12%), Iron: 1.39mg (7.74%), Folate: 30.48µg (7.62%), Vitamin B1: 0.11mg (7.19%), Vitamin A: 334.7IU (6.69%), Calcium: 56.58mg (5.66%), Zinc: 0.53mg (3.57%), Vitamin B5: 0.36mg (3.57%), Vitamin B2: 0.06mg (3.43%), Selenium: 1.44µg (2.06%)