



Roasted Potato, Asparagus and Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch asparagus ends trimmed
- ☐ 4 cups baby arugula
- ☐ 1 Tablespoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 lb potatoes yellow quartered

☐ 4 servings salt and pepper

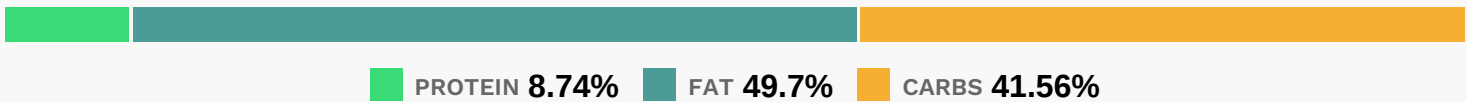
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ To make the dressing: In a small bowl, whisk together the dressing ingredients until blended.Preheat an oven to 400°F.In a bowl, combine the potatoes, olive oil, salt and pepper and toss to coat.
- ☐ Transfer to a baking sheet or a small roasting pan and roast until the potatoes are tender, golden and crisp, about 45 minutes.
- ☐ Cut the spears diagonally into 1-inch lengths.
- ☐ Place in a steamer rack over boiling water, cover the steamer and cook until tender-crisp, about 3 minutes.
- ☐ Remove the rack from the pan and rinse the asparagus under running cold water until cool.In a large bowl, combine the potatoes, asparagus, arugula and dressing, to taste, and toss to mix. Divide the salad among individual plates.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:15.36, Inflammation Score:-8, Nutrition Score:18.460434664851%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 7.27mg, Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg Kaempferol: 9.45mg, Kaempferol: 9.45mg, Kaempferol: 9.45mg, Kaempferol: 9.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.17mg, Quercetin: 18.17mg, Quercetin: 18.17mg, Quercetin: 18.17mg

Nutrients (% of daily need)

Calories: 241.39kcal (12.07%), Fat: 14.06g (21.64%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 21.05g (7.65%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 250.25mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin K: 78.96µg (75.2%), Vitamin C: 37.8mg (45.82%), Vitamin A: 1332.6IU (26.65%), Folate: 99.39µg (24.85%), Vitamin B6: 0.47mg (23.55%), Potassium: 805.21mg (23.01%), Manganese: 0.45mg (22.51%), Vitamin E: 3.35mg (22.36%), Fiber: 5.41g (21.65%), Iron: 3.83mg (21.27%), Vitamin B1: 0.27mg (18.23%), Copper: 0.36mg (17.95%), Phosphorus: 140.58mg (14.06%), Magnesium: 54.6mg (13.65%), Vitamin B2: 0.22mg (12.83%), Vitamin B3: 2.4mg (12.01%), Calcium: 78.66mg (7.87%), Vitamin B5: 0.77mg (7.67%), Zinc: 1.08mg (7.18%), Selenium: 4.39µg (6.27%)