



Roasted Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 1 bunch celery hearts with leafy tops
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 fennel bulb with fronds
- ☐ 1 tablespoon fennel seeds toasted
- ☐ 8 ounces olive oil extra-virgin
- ☐ 4 servings salt

☐ 2 pounds yukon gold potatoes

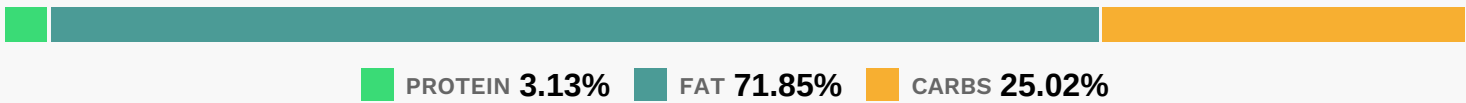
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ mandoline
- ☐ box grater

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Cut potatoes into quarters, cover with water, salt the water, and bring to a simmer. Simmer until tender and drain, letting all the steam evaporate. When dry and cool, toss with 4 ounces extra-virgin olive oil and season with salt and pepper, to taste.
- ☐ Place in a single layer on a roasting pan and roast for 30 minutes until tender and golden brown. The potatoes will need to be stirred while roasting to insure all sides are nicely browned.
- ☐ While potatoes are roasting, "shave" the fennel using a mandoline or the slicing side of a box grater. Thinly slice celery stalks and tops. Reserve.
- ☐ Make the vinaigrette: In a large bowl, whisk together the Dijon mustard, vinegar, and salt, to taste. Gradually whisk in the remaining 4 ounces extra-virgin olive oil. Fold in fennel seeds and season with salt and pepper, to taste.
- ☐ Remove roasted potatoes from oven and allow to slightly cool.
- ☐ Add potatoes and their oil to the vinaigrette bowl. Top with shaved celery and fennel and toss.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:30.16, Inflammation Score:-6, Nutrition Score:19.929130315781%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 701.79kcal (35.09%), Fat: 57.29g (88.14%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 37.4g (13.6%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 254.62mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin K: 75.44µg (71.84%), Vitamin C: 52.03mg (63.06%), Vitamin E: 8.53mg (56.88%), Vitamin B6: 0.7mg (35.25%), Potassium: 1232.35mg (35.21%), Fiber: 7.48g (29.93%), Manganese: 0.59mg (29.71%), Magnesium: 69.06mg (17.27%), Phosphorus: 168mg (16.8%), Iron: 2.84mg (15.77%), Copper: 0.3mg (15.13%), Vitamin B3: 2.86mg (14.32%), Folate: 52.28µg (13.07%), Vitamin B1: 0.2mg (13.06%), Vitamin B5: 0.81mg (8.13%), Calcium: 76.36mg (7.64%), Vitamin B2: 0.1mg (5.75%), Zinc: 0.84mg (5.62%), Selenium: 1.53µg (2.18%), Vitamin A: 87.51IU (1.75%)