



Roasted Potato Salad with Balsamic Dressing

 Vegetarian  Gluten Free

READY IN



360 min.

SERVINGS



8

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce artichoke hearts drained chopped canned
- ☐ 0.3 cup balsamic vinegar
- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup gorgonzola cheese crumbled
- ☐ 1 bunch green onions sliced
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon cracked pepper black
- ☐ 10 potatoes dried red with paper towels scrubbed
- ☐ 0.8 cup roasted peppers diced red drained
- ☐ 8 servings salt and pepper to taste

Equipment

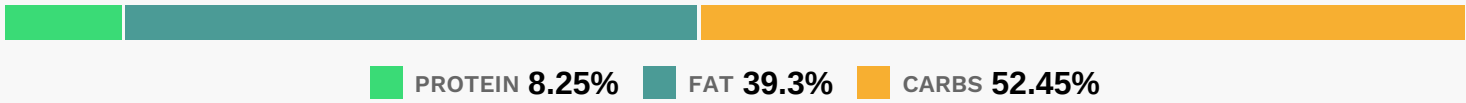
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Cut the potatoes into 3/4-inch chunks, and place into a bowl.
- ☐ Drizzle with canola oil, and spread out onto a baking sheet. Turn potatoes so skin sides are down.
- ☐ Sprinkle the potatoes with thyme, chili powder, kosher salt, and pepper.
- ☐ Bake in the preheated oven until the potatoes are golden brown, about 45 minutes.
- ☐ Remove and allow to cool.
- ☐ In a large salad bowl, lightly toss the cooled potatoes, green onions, roasted red peppers, olives, artichoke hearts, parsley, and Gorgonzola cheese until thoroughly combined.

Place the balsamic vinegar, olive oil, Dijon mustard, garlic, oregano, and basil into a blender, and pulse a few times until the dressing is thickened and creamy. Season to taste with salt and pepper, pour over the potato salad, and toss lightly. Chill for 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:18.556087171902%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 357.55kcal (17.88%), Fat: 16.04g (24.67%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 41.53g (15.1%), Sugar: 5.19g (5.77%), Cholesterol: 5.3mg (1.77%), Sodium: 1678.31mg (72.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin K: 67.36µg (64.16%), Vitamin C: 32.45mg (39.33%), Potassium: 1324.4mg (37.84%), Manganese: 0.61mg (30.44%), Vitamin B6: 0.53mg (26.5%), Fiber: 6.61g (26.45%), Copper: 0.43mg (21.3%), Phosphorus: 204.92mg (20.49%), Iron: 3.48mg (19.34%), Vitamin E: 2.78mg (18.53%), Magnesium: 71.52mg (17.88%), Vitamin B3: 3.44mg (17.22%), Vitamin B1: 0.24mg (15.78%), Folate: 60.49µg (15.12%), Vitamin A: 687.94IU (13.76%), Calcium: 106.04mg (10.6%), Vitamin B5: 0.91mg (9.12%), Zinc: 1.25mg (8.33%), Vitamin B2: 0.14mg (7.97%), Selenium: 3.46µg (4.95%), Vitamin B12: 0.09µg (1.44%)