



Sideline Spud Salad Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 1 head tanimura & iceberg lettuce antle®
- ☐ 10 small new potatoes red cooked quartered
- ☐ 0.3 cup olive oil
- ☐ 1.5 teaspoons penzey's southwest seasoning old bay®
- ☐ 40 slices sausage smoked fully-cooked
- ☐ 2 tablespoons sugar
- ☐ 40 wooden skewers thin

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Equipment

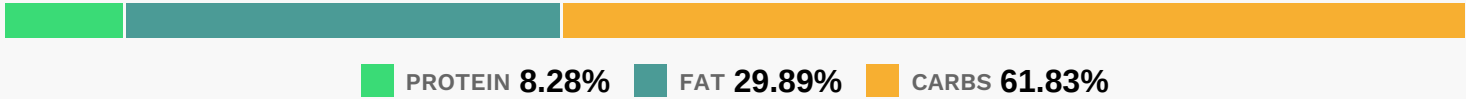
☐ bowl

☐ skewers

Directions

- ☐ Mix vinegar, oil, sugar and seasoning.
- ☐ Pour over potatoes in bowl; stir to coat. Refrigerate at least 1 hour. Can be overnight.
- ☐ Before serving, cut lettuce in half. Rinse; drain well.
- ☐ Place one half on plate, cut side down.
- ☐ Cut remaining lettuce into 1 inch chunks.
- ☐ Thread potatoes, lettuce chunks and sausage alternately onto skewers.
- ☐ Drizzle with dressing remaining in bowl. Insert skewers into lettuce half.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:2.5539130157103%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 50.01kcal (2.5%), Fat: 1.7g (2.62%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.97g (2.53%), Sugar: 1.43g (1.59%), Cholesterol: 0.71mg (0.24%), Sodium: 17.71mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Potassium: 218.8mg (6.25%), Vitamin K: 6.44µg (6.14%), Vitamin C: 4.04mg (4.89%), Manganese: 0.09mg (4.69%), Vitamin B6: 0.08mg (4.08%), Fiber: 0.96g (3.85%), Copper: 0.06mg (3.12%), Phosphorus: 30.2mg (3.02%), Folate: 12.04µg (3.01%), Vitamin B1: 0.04mg (2.86%), Magnesium: 11.06mg (2.77%), Vitamin B3: 0.55mg (2.73%), Iron: 0.46mg (2.54%), Vitamin E: 0.26mg (1.71%), Vitamin

A: 73.76IU (1.48%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.19mg (1.25%), Vitamin B2: 0.02mg (1.14%)