



Smoked Oyster and Potato Salad with Arugula



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



286 kcal

SIDE DISH

Ingredients

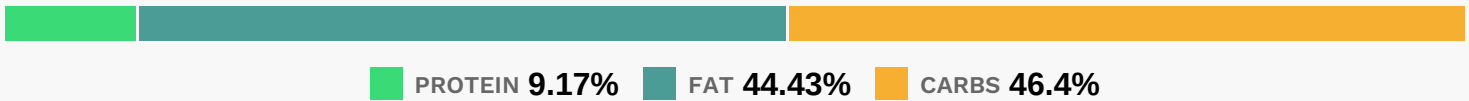
- ☐ 2 cups boston lettuce leaves
- ☐ 1 rib celery stalks thinly sliced
- ☐ 2 tablespoons parsley fresh coarsely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2.3 ounce dozens oysters smoked drained canned
- ☐ 0.3 onion red thinly sliced
- ☐ 0.8 pounds potatoes – remove skin red (2 inches in diameter)

Equipment

Directions

- ☐ Boil potatoes in salted water to cover by 1 inch for 12 to 15 minutes or until just tender, then drain. When potatoes are cool enough to handle, cut into 1/3-inch-thick slices.
- ☐ Toss potatoes together with all remaining ingredients except arugula and season with salt and pepper.
- ☐ Serve potato salad over arugula.
- ☐ · Canned oysters can vary widely in size, depending on the brand. We used Bumble Bee canned oysters when testing this recipe.· Potatoes may be cooked 1 day ahead, cooled, and kept chilled, covered.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:26.571304445681%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 285.52kcal (14.28%), Fat: 14.9g (22.92%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 29.08g (10.58%), Sugar: 5.44g (6.04%), Cholesterol: 1.28mg (0.43%), Sodium: 48.78mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin K: 321.22µg (305.93%), Vitamin A: 8189.48IU (163.79%), Folate: 215.42µg (53.86%), Vitamin C: 35.54mg (43.08%), Potassium: 1401.12mg (40.03%), Manganese: 0.7mg (34.96%), Iron: 4.69mg (26.06%), Vitamin B6: 0.51mg (25.58%), Fiber: 5.91g (23.65%), Phosphorus: 192.55mg (19.26%), Vitamin B1: 0.29mg (19.11%), Copper: 0.37mg (18.54%), Magnesium: 73.08mg (18.27%), Vitamin E: 2.54mg (16.95%), Zinc: 2.36mg (15.75%), Vitamin B3: 2.91mg (14.56%), Vitamin B2: 0.21mg

(12.5%), Calcium: 111.62mg (11.16%), Vitamin B5: 0.89mg (8.9%), Vitamin B12: 0.28µg (4.65%), Selenium: 2.99µg (4.27%)