



WHATSheATE

Two-Potato Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces arugula
- ☐ 8 servings pepper black freshly ground
- ☐ 2 celery stalks finely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon tarragon leaves fresh finely chopped
- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 0.5 cup mayonnaise
- ☐ 4 scallions finely chopped

- ☐ 2 serrano chiles minced stemmed seeded
- ☐ 1 pound sweet potatoes peeled cut into 1-inch cubes
- ☐ 4 strips thick- bacon smoked
- ☐ 1 pound yukon gold potatoes peeled cut into 1-inch cubes

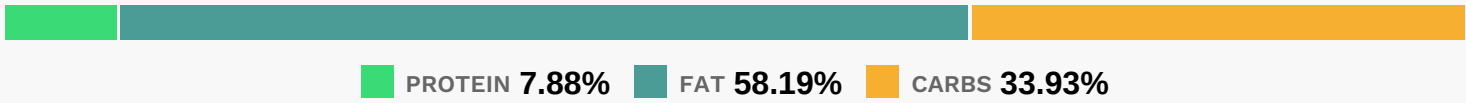
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Fry the bacon in a large skillet over medium heat until crisp and browned.
- ☐ Transfer the bacon to a plate lined with paper towels. When cool crumble and set aside.
- ☐ Put the sweet potatoes and Yukon gold potatoes in 2 separate saucepans. Cover the potatoes with water (by 2-inches), add 1/2 teaspoon salt to each pot, and bring the pots to a boil over medium-high heat. Reduce the heat, and simmer the potatoes until they are just cooked through and tender. The sweet potatoes will cook in about 15 minutes, and the Yukon gold potatoes should be finished in about 12 minutes.
- ☐ Drain the potatoes, and allow them to cool.
- ☐ Combine the potatoes, scallions, celery, and serrano chiles in a large bowl.
- ☐ Add the mayonnaise, mustard, tarragon, salt and pepper, to taste. Toss to combine. Taste for seasoning, and add more salt or pepper, if needed. Toss the potato salad with the arugula, and serve on a large platter, garnished with the crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:52.72, Glycemic Load:13.44, Inflammation Score:-10, Nutrition Score:16.053913041301%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 275.65kcal (13.78%), Fat: 18.05g (27.77%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 19.9g (7.24%), Sugar: 3.59g (3.99%), Cholesterol: 17.76mg (5.92%), Sodium: 582.79mg (25.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin A: 8683.66IU (173.67%), Vitamin K: 61.2µg (58.29%), Vitamin C: 18mg (21.82%), Manganese: 0.42mg (20.83%), Vitamin B6: 0.39mg (19.31%), Potassium: 603.85mg (17.25%), Fiber: 3.77g (15.07%), Magnesium: 46.16mg (11.54%), Folate: 43.85µg (10.96%), Vitamin B1: 0.16mg (10.92%), Phosphorus: 108.89mg (10.89%), Copper: 0.19mg (9.54%), Vitamin B3: 1.86mg (9.3%), Iron: 1.66mg (9.22%), Vitamin B5: 0.86mg (8.61%), Selenium: 5.88µg (8.4%), Calcium: 77.69mg (7.77%), Vitamin B2: 0.11mg (6.42%), Vitamin E: 0.84mg (5.61%), Zinc: 0.76mg (5.04%), Vitamin B12: 0.11µg (1.78%)