



Two-Potato Salad with Creole Mustard, Bacon, and Arugula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces arugula
- ☐ 6 servings pepper black freshly ground
- ☐ 2 celery stalks finely chopped
- ☐ 2 tablespoons dijon mustard (see note)
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise

- ☐ 4 spring onion finely chopped
- ☐ 2 serrano chiles minced stemmed seeded
- ☐ 1 pound sweet potatoes and into peeled cut into 1-inch cubes
- ☐ 4 strips bacon smoked
- ☐ 1 pound yukon gold potatoes peeled cut into 1-inch cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Fry the bacon in a large skillet over medium heat until crisp and browned.
- ☐ Transfer the bacon to a plate lined with paper towels and set aside.
- ☐ Place the sweet potatoes and Yukon Gold potatoes in two 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, and combine. Taste for seasoning, and add more salt or pepper, as desired. Toss the potato salad with the arugula, and serve on a large platter, garnished with the crumbled bacon.
- ☐ Creole mustard is a whole-grain mustard with a creamy texture and a zippy horseradish flavor. In other words, it's a mustard with a little extra kick, so it's right up our alley!
- ☐ Reprinted with permission from Down Home with the Neelys by Patrick and Gina Neely, (C) 2009 Knopf

Nutrition Facts



 **PROTEIN 7.88%**  **FAT 58.21%**  **CARBS 33.91%**

Properties

Glycemic Index:70.29, Glycemic Load:17.92, Inflammation Score:-10, Nutrition Score:19.937825933747%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.62mg, Kaempferol: 10.62mg, Kaempferol: 10.62mg, Kaempferol: 10.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 367.46kcal (18.37%), Fat: 24.06g (37.02%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 26.53g (9.65%), Sugar: 4.79g (5.32%), Cholesterol: 23.68mg (7.89%), Sodium: 777.05mg (33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Vitamin A: 11578.03IU (231.56%), Vitamin K: 81.55µg (77.67%), Vitamin C: 24.01mg (29.1%), Manganese: 0.55mg (27.56%), Vitamin B6: 0.51mg (25.74%), Potassium: 804.69mg (22.99%), Fiber: 5.01g (20.06%), Magnesium: 61.49mg (15.37%), Folate: 58.47µg (14.62%), Vitamin B1: 0.22mg (14.55%), Phosphorus: 145.13mg (14.51%), Copper: 0.25mg (12.69%), Vitamin B3: 2.48mg (12.4%), Iron: 2.21mg (12.28%), Vitamin B5: 1.15mg (11.47%), Selenium: 7.84µg (11.2%), Calcium: 103.44mg (10.34%), Vitamin B2: 0.15mg (8.56%), Vitamin E: 1.12mg (7.48%), Zinc: 1.01mg (6.72%), Vitamin B12: 0.14µg (2.37%)