



# Warm Broccoli di Rape and Yukon Gold Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

## Ingredients

- 1.5 pounds broccoli
- 4 tablespoons olive oil extra virgin extra-virgin
- 6 servings pepper dried red hot ( pepper flakes)
- 0.3 teaspoon salt
- 1 pound yukon gold potatoes

## Equipment

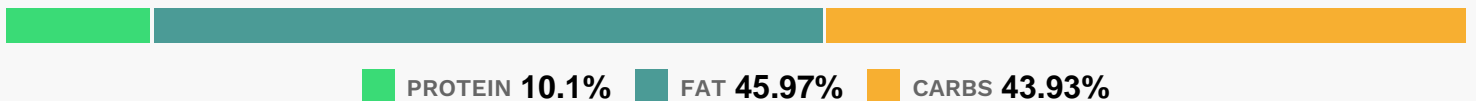
- mixing bowl

- pot
- sieve
- colander

## Directions

- Rinse and trim the broccoli di rape; cut the peeled stems into 4- or 5-inch lengths. Peel the potatoes, and cut into 1-inch cubes.
- Put the cubes in a pot with cold water to cover by several inches, and heat to a boil. Cook uncovered for about 5 minutes, then lay the greens and peeled stems on top of the potatoes, cover the pot, and cook for 5 minutes more.
- Lift out the broccoli di rape and potatoes with a spider or other strainer, and lay them in a colander.
- Sprinkle about half the salt over the hot vegetables, let them drain and cool for a minute or two, then turn them into a mixing bowl.
- Drizzle the olive oil all over the pieces, and toss gently.
- Sprinkle on more salt and peperoncino to taste (I use 1/4 teaspoon pepper flakes, or even more, when I'm making this at home). Toss, taste, and adjust the seasoning.
- Serve on a big warm platter, or put portions on warm salad plates.
- Lidia's Family Table
- Knopf

## Nutrition Facts



## Properties

Glycemic Index:19.29, Glycemic Load:11.13, Inflammation Score:-9, Nutrition Score:19.453043523042%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 9.5mg, Kaempferol: 9.5mg, Kaempferol: 9.5mg, Kaempferol: 9.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

## Nutrients (% of daily need)

Calories: 184.91kcal (9.25%), Fat: 10.11g (15.55%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 16.42g (5.97%), Sugar: 2.66g (2.96%), Cholesterol: 0mg (0%), Sodium: 171.84mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Vitamin C: 116.06mg (140.68%), Vitamin K: 124.84µg (118.89%), Vitamin A: 1300.98IU (26.02%), Vitamin B6: 0.46mg (23.17%), Fiber: 5.31g (21.23%), Folate: 84.1µg (21.02%), Potassium: 715.72mg (20.45%), Vitamin E: 3mg (19.99%), Manganese: 0.39mg (19.4%), Phosphorus: 123.93mg (12.39%), Magnesium: 44.18mg (11.05%), Vitamin B2: 0.18mg (10.33%), Iron: 1.82mg (10.09%), Vitamin B1: 0.15mg (9.73%), Vitamin B5: 0.89mg (8.91%), Vitamin B3: 1.75mg (8.77%), Copper: 0.16mg (7.86%), Calcium: 69.12mg (6.91%), Zinc: 0.77mg (5.14%), Selenium: 3.47µg (4.96%)