



Warm Fingerling Potato Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- 2 cups torn arugula leaves
- 2 pounds fingerling potatoes cut into large chunks
- 6 servings salt and ground pepper black to taste
- 1 lemon zest juiced
- 1 tablespoon mustard coarse-grained to taste
- 8 ounce lowfat yogurt plain
- 0.3 cup cup heavy whipping cream sour

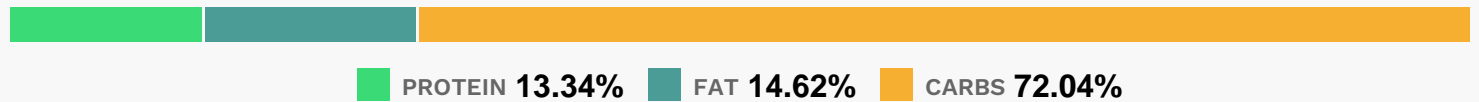
Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil and add potatoes. Boil until potatoes are tender, 10 to 13 minutes; drain.
- Let cool until potatoes are warm.
- Whisk yogurt, sour cream, lemon zest, lemon juice, mustard, salt, and black pepper together in a bowl. Gently fold potatoes into dressing. Stir arugula leaves into potato mixture and serve.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:19.4, Inflammation Score:-5, Nutrition Score:10.506956605808%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 163.12kcal (8.16%), Fat: 2.72g (4.18%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 26.45g (9.62%), Sugar: 4.38g (4.87%), Cholesterol: 7.92mg (2.64%), Sodium: 67.88mg (2.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin C: 32.47mg (39.36%), Vitamin B6: 0.48mg (23.85%), Potassium: 768.25mg (21.95%), Phosphorus: 154.34mg (15.43%), Fiber: 3.67g (14.69%), Manganese: 0.28mg (13.92%), Magnesium: 46.81mg (11.7%), Calcium: 111.02mg (11.1%), Vitamin K: 10.56µg (10.06%), Vitamin B1: 0.15mg (9.86%), Vitamin B2: 0.15mg (9.04%), Copper: 0.18mg (8.95%), Folate: 35.71µg (8.93%), Vitamin B3: 1.69mg (8.43%), Iron: 1.37mg (7.62%), Vitamin B5: 0.74mg (7.44%), Zinc: 0.86mg (5.72%), Vitamin A: 243.03IU (4.86%), Selenium: 2.94µg (4.2%), Vitamin B12: 0.23µg (3.86%)