



 **84%**
HEALTH SCORE

Warm Potato and Mushroom Salad

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large mushrooms sliced
- 0.3 cup parsley fresh minced
- 0.3 pound mushroom caps fresh stemmed quartered
- 1 large garlic clove minced
- 8 cups the salad mixed
- 2 tablespoons chicken stock see canned
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons sherry vinegar

1.5 pounds baking potatoes peeled cut into 1/8-inch-thick slices, patted dry.

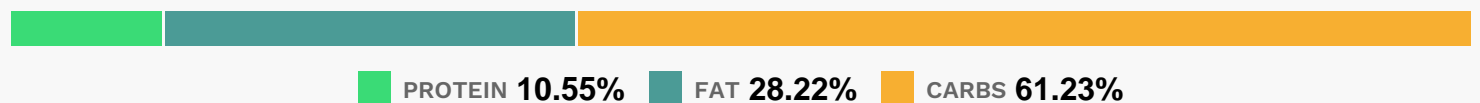
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 425°F. Toss potatoes with 2 teaspoons oil in large bowl. Season with salt and pepper. Arrange potatoes in single layer on nonstick baking sheet.
- Bake until crisp and golden, turning occasionally, about 25 minutes.
- Heat 1 tablespoon oil in large nonstick skillet over high heat.
- Add mushrooms; sauté until golden, about 4 minutes.
- Add parsley and garlic; stir 1 minute.
- Transfer to plate.
- Add vinegar and stock to skillet; boil until reduced by half, about 1 minute. Cool slightly.
- Whisk in remaining 1 tablespoon oil.
- Toss greens and chives in large bowl with 2 tablespoons warm vinaigrette. Divide greens among plates. Arrange potato slices in circle atop greens on each plate. Mound mushrooms in center.
- Drizzle remaining vinaigrette over and serve.
- Per Serving: calories, 249.80; fat, 10.06 g; sodium, 35.72 mg; cholesterol, 0 mg
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:24.84, Inflammation Score:-8, Nutrition Score:17.783043505057%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.06kcal (11.55%), Fat: 7.53g (11.59%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 33.48g (12.17%), Sugar: 2.34g (2.6%), Cholesterol: 0.22mg (0.08%), Sodium: 47mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin K: 68.8µg (65.53%), Vitamin C: 34.03mg (41.25%), Vitamin B6: 0.78mg (38.75%), Potassium: 1042.34mg (29.78%), Vitamin A: 1226.69IU (24.53%), Manganese: 0.48mg (24.22%), Vitamin B3: 4.3mg (21.51%), Phosphorus: 182.53mg (18.25%), Copper: 0.34mg (17.08%), Folate: 67.11µg (16.78%), Vitamin B2: 0.26mg (15.35%), Magnesium: 58.47mg (14.62%), Iron: 2.55mg (14.16%), Vitamin B5: 1.4mg (13.97%), Fiber: 3.29g (13.16%), Vitamin B1: 0.19mg (12.91%), Zinc: 1.14mg (7.57%), Selenium: 5.03µg (7.19%), Vitamin E: 1.06mg (7.06%), Calcium: 41.27mg (4.13%), Vitamin D: 0.16µg (1.06%)