



 **73%**
HEALTH SCORE

Warm Roasted-Potato Salad with Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- 1.3 pounds baby artichokes) artichoke hearts frozen thawed (12, each)
- 1 tablespoon capers drained
- 1 tablespoon dijon mustard
- 1 tablespoon tarragon fresh chopped
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 6 servings bell pepper
- 2 pounds thin-skinned potatoes scrubbed cut into 1 1/2-inch chunks ()

- 2 tablespoons red wine vinegar
- 4 oz salad mix rinsed
- 0.8 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- In a 12- by 15-inch baking pan, mix potatoes with 1/2 teaspoon olive oil; sprinkle with 1/2 teaspoon salt and mix to coat.
- Bake in a 400 regular or convection oven, stirring occasionally, until potatoes are browned and tender when pierced, 25 to 30 minutes.
- Meanwhile, rinse fresh artichokes; trim off discolored stem ends. Break off and discard coarse outer leaves down to tender, pale green inner ones.
- Cut off thorny artichoke tips, pare coarse fibers from stems, and cut in half lengthwise. With a small, sharp knife, trim out fuzzy centers and discard (see notes).
- In a 10- to 12-inch frying pan over medium-high heat, bring 1/2 cup water and the lemon juice to a boil.
- Add artichokes and 1/4 teaspoon salt; cover, reduce heat, and simmer until artichokes are tender when pierced, about 10 minutes (if using frozen artichoke hearts, skip step 2 and cook only 3 to 4 minutes). Uncover and boil, stirring often, until most of the liquid has evaporated.
- In a large bowl, mix remaining 2 1/2 teaspoons olive oil, vinegar, and mustard.
- Add potatoes, artichokes (with any juices), frisee, capers, and tarragon.
- Mix gently to coat, and season to taste with salt and pepper.
- Serve warm.

Nutrition Facts



■ PROTEIN 13% ■ FAT 14.67% ■ CARBS 72.33%

Properties

Glycemic Index:22.33, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:21.305651913518%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 191.54kcal (9.58%), Fat: 3.37g (5.19%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 29.38g (10.68%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 435.82mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Vitamin C: 119.4mg (144.73%), Vitamin A: 2756.17IU (55.12%), Folate: 191.72µg (47.93%), Manganese: 0.66mg (33.09%), Potassium: 1156.13mg (33.03%), Fiber: 8.06g (32.26%), Vitamin B6: 0.6mg (29.89%), Magnesium: 75.84mg (18.96%), Phosphorus: 180.87mg (18.09%), Vitamin B3: 3.51mg (17.56%), Vitamin B2: 0.27mg (15.97%), Vitamin B1: 0.23mg (15.44%), Copper: 0.29mg (14.58%), Iron: 2.49mg (13.86%), Vitamin E: 1.55mg (10.35%), Vitamin K: 9.81µg (9.34%), Vitamin B5: 0.87mg (8.69%), Zinc: 1.1mg (7.31%), Calcium: 56.8mg (5.68%), Selenium: 2.02µg (2.88%)