



 **60%**
HEALTH SCORE

Warm Sausage and Potato Salad with Arugula

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



622 kcal

SIDE DISH

Ingredients

- 2 qt arugula leaves rinsed
- 1 tablespoon dijon mustard
- 2 tablespoons green onions fresh thinly sliced
- 0.3 cup olive oil extra-virgin
- 1 tablespoon oregano leaves fresh minced
- 0.3 cup parsley chopped
- 2 pounds thin-skinned potatoes scrubbed ()
- 2 tablespoons cooking wine dry white

- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 2 pounds mild sausages italian
- 0.3 cup shallots minced
- 0.8 teaspoon pepper white

Equipment

- bowl
- frying pan
- whisk

Directions

- Combine potatoes and 1 to 1 1/2 quarts water in a 5- to 6-quart pan; bring to a boil over high heat, then cover, reduce heat, and simmer just until potatoes are tender when pierced, 15 to 20 minutes.
- Drain and return to pan. Shake gently over medium heat until liquid is evaporated, about 2 minutes.
- Remove from heat.
- Add oil, vinegar, wine, shallots, 1 teaspoon salt, and pepper; mix gently.
- Meanwhile, combine sausages and 1/3 cup water in a 10- to 12-inch frying pan over medium heat; cover and cook until sausages are firm to touch, about 10 minutes.
- Pour cooking liquid into a 1-cup glass measure; skim off fat and discard. You need 1/4 cup liquid; add chicken broth if necessary or discard remaining.
- Whisk mustard into measured liquid until smooth.
- Turn sausages occasionally in pan over medium-high heat until browned, 5 to 7 minutes.
- Transfer to a board and slice diagonally about 1/4 inch thick.
- Add sausages, warm cooking liquid, parsley, chives, and tarragon to potatoes; mix gently.
- Add salt to taste.
- Add arugula and mix gently.
- Pour into a large bowl.

Serve warm.

Nutrition Facts

PROTEIN 15.66% **FAT 65.75%** **CARBS 18.59%**

Properties

Glycemic Index:25.5, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:39.275652180547%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 10.22mg, Isorhamnetin: 10.22mg, Isorhamnetin: 10.22mg, Isorhamnetin: 10.22mg Kaempferol: 82.66mg, Kaempferol: 82.66mg, Kaempferol: 82.66mg, Kaempferol: 82.66mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 19.52mg, Quercetin: 19.52mg, Quercetin: 19.52mg, Quercetin: 19.52mg

Nutrients (% of daily need)

Calories: 621.67kcal (31.08%), Fat: 46.37g (71.35%), Saturated Fat: 14.29g (89.29%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 23.07g (8.39%), Sugar: 6.98g (7.76%), Cholesterol: 86.18mg (28.73%), Sodium: 1227.8mg (53.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin K: 313.16µg (298.25%), Vitamin A: 5877.68IU (117.55%), Folate: 267.71µg (66.93%), Vitamin C: 51.96mg (62.98%), Vitamin B1: 0.85mg (56.79%), Manganese: 1.06mg (53.24%), Potassium: 1730.53mg (49.44%), Selenium: 30.17µg (43.1%), Calcium: 429.55mg (42.95%), Magnesium: 158.2mg (39.55%), Vitamin B6: 0.74mg (37.12%), Phosphorus: 363.42mg (36.34%), Iron: 6.25mg (34.72%), Vitamin B3: 5.8mg (29.01%), Vitamin B2: 0.44mg (25.81%), Fiber: 6.45g (25.79%), Zinc: 3.61mg (24.07%), Copper: 0.44mg (22.1%), Vitamin B5: 1.97mg (19.74%), Vitamin B12: 1.03µg (17.2%), Vitamin E: 2.47mg (16.46%)