



Baby Potato and Watercress Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



431 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 5 eggs
- 0.3 cup chives fresh finely chopped
- 1 clove garlic roughly chopped
- 1 tablespoon kosher salt
- 2 tablespoons juice of lemon fresh
- 1 cup mayonnaise

- 4 pounds new potatoes
- 1 cup yogurt plain
- 2 shallots roughly chopped
- 1 cup watercress sprigs

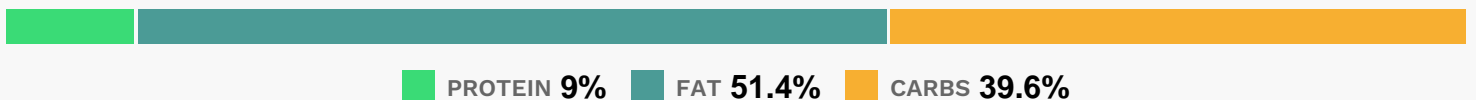
Equipment

- food processor
- bowl
- sauce pan
- pot
- blender

Directions

- Place the potatoes in a large pot.
- Add 1 tablespoon of the salt and enough water to cover by 2 inches. Bring to a boil. Simmer until fork-tender, about 20 minutes; drain.
- Place the eggs in a saucepan and add enough water to cover. Bring to a boil and cook for 8 minutes.
- Drain and transfer to a bowl of ice water. Peel and chop the eggs. In a food processor or blender, process the mayonnaise, mustard, yogurt, shallots, garlic, lemon juice, pepper, and the remaining salt until smooth. Halve the potatoes and place in a serving bowl.
- Add the dressing and combine.
- Add the eggs, watercress, and chives and toss. Cover and refrigerate for at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:44.22, Glycemic Load:29.68, Inflammation Score:-6, Nutrition Score:18.698695742566%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 431.07kcal (21.55%), Fat: 24.85g (38.24%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 37.73g (13.72%), Sugar: 4.11g (4.56%), Cholesterol: 118.04mg (39.35%), Sodium: 1139.87mg (49.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Vitamin K: 63.57µg (60.54%), Vitamin C: 49.46mg (59.95%), Vitamin B6: 0.76mg (38.22%), Potassium: 1093.62mg (31.25%), Phosphorus: 228.72mg (22.87%), Fiber: 5.36g (21.43%), Manganese: 0.42mg (20.8%), Selenium: 11.26µg (16.09%), Magnesium: 63.5mg (15.87%), Vitamin B2: 0.26mg (15.13%), Vitamin B1: 0.22mg (14.53%), Copper: 0.29mg (14.41%), Folate: 57.48µg (14.37%), Iron: 2.48mg (13.78%), Vitamin B5: 1.31mg (13.09%), Vitamin B3: 2.48mg (12.4%), Calcium: 93.38mg (9.34%), Vitamin E: 1.31mg (8.73%), Zinc: 1.29mg (8.62%), Vitamin A: 393.77IU (7.88%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.64µg (4.24%)