



Baby Vegetable Salad with Cornichons

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch baby carrots with tops (8), trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup yogurt fat-free greek-style
- ☐ 1 pound and fingerling potatoes red yellow (16)
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup cornichon pickles

- ☐ 2 tablespoons red wine vinegar
- ☐ 5 oz sugar snap peas trimmed

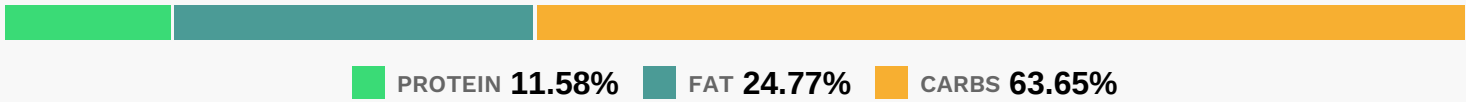
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ In a steamer, steam whole potatoes over high heat until tender when pierced, 15 to 20 minutes.
- ☐ Remove potatoes as each is done, then steam carrots until just tender, 5 to 7 minutes.
- ☐ Remove carrots and steam pea pods until tender-crisp, about 5 minutes.
- ☐ Transfer to an ice bath to stop cooking, then drain and dry on paper towels.
- ☐ When potatoes are cool enough to handle (but still warm), halve each lengthwise and transfer to a large bowl.
- ☐ Sprinkle with vinegar and let stand 5 minutes. Halve carrots lengthwise and add to potatoes along with cornichons and pea pods.
- ☐ In a small bowl, combine yogurt, mayonnaise, salt, and pepper and stir to combine.
- ☐ Pour dressing over vegetables and very gently toss to coat (try not to crush the potatoes).
- ☐ Transfer to a platter and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:22.450869533031%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 205.03kcal (10.25%), Fat: 5.74g (8.83%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 26.12g (9.5%), Sugar: 8.51g (9.46%), Cholesterol: 3.77mg (1.26%), Sodium: 584.96mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Vitamin A: 16361.03IU (327.22%), Vitamin K: 118.21µg (112.58%), Vitamin C: 53.59mg (64.96%), Fiber: 7.05g (28.22%), Vitamin B6: 0.53mg (26.58%), Potassium: 892.17mg (25.49%), Manganese: 0.47mg (23.42%), Folate: 73.97µg (18.49%), Iron: 3.05mg (16.94%), Phosphorus: 145.61mg (14.56%), Copper: 0.28mg (14.09%), Magnesium: 52.01mg (13%), Vitamin B1: 0.19mg (12.99%), Vitamin B5: 1.15mg (11.5%), Vitamin B3: 2.15mg (10.77%), Calcium: 101.64mg (10.16%), Vitamin B2: 0.17mg (9.92%), Zinc: 0.79mg (5.28%), Selenium: 3.42µg (4.89%), Vitamin E: 0.44mg (2.94%), Vitamin B12: 0.13µg (2.08%)