



Beef Salad with Potatoes and Cornichons



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



643 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large head bibb lettuce
- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups wine-braised chuck roast shredded
- ☐ 6 cornichons sour french cut lengthwise into 1/8-inch-thick matchsticks (gherkins)
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 pound regular green beans trimmed halved
- ☐ 2 large potatoes boiling (1 pound total)

- ☐ 3 tablespoons red-wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped (2)
- ☐ 0.8 teaspoon sugar
- ☐ 5 tablespoons vegetable oil

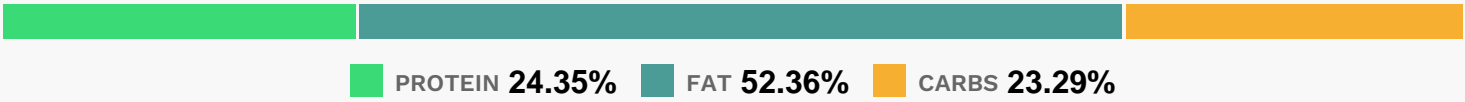
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Place potatoes on a 12-inch square of foil, then prick each with a fork and wrap in foil.
- ☐ Bake until tender, about 1 hour. (Potatoes are done when a small knife pierces centers easily.) Unwrap potatoes and cool slightly.
- ☐ Reheat beef in a small baking dish, covered, in oven or in microwave until warm. While beef is heating, whisk together vinegar, mustard, shallots, sugar, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until dressing is emulsified.
- ☐ Steam beans in a steamer set over boiling water, covered, until just tender, about 5 minutes. Meanwhile, peel potatoes and cut crosswise into 1/4-inch-thick slices, transferring to a large bowl.
- ☐ Add hot beans to warm potatoes along with 2 tablespoons vinaigrette, gently tossing to coat.
- ☐ Line a platter or 4 plates with lettuce leaves and arrange potato mixture on top. Toss meat, cornichons, and parsley with remaining vinaigrette and mound on top of potato mixture.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:38.082609161087%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 642.63kcal (32.13%), Fat: 38.09g (58.6%), Saturated Fat: 11.67g (72.93%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 32.1g (11.67%), Sugar: 6.65g (7.39%), Cholesterol: 122.43mg (40.81%), Sodium: 848.55mg (36.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin K: 167.96µg (159.96%), Zinc: 14.31mg (95.41%), Vitamin B12: 4.84µg (80.74%), Vitamin B6: 1.17mg (58.27%), Selenium: 40.17µg (57.38%), Vitamin B3: 10.47mg (52.33%), Phosphorus: 501.33mg (50.13%), Potassium: 1730.33mg (49.44%), Vitamin A: 2100.88IU (42.02%), Iron: 6.7mg (37.24%), Vitamin C: 30.56mg (37.04%), Manganese: 0.57mg (28.44%), Magnesium: 102.19mg (25.55%), Folate: 98.15µg (24.54%), Vitamin B2: 0.41mg (24.09%), Fiber: 6g (24.02%), Vitamin B1: 0.36mg (23.94%), Copper: 0.43mg (21.42%), Vitamin B5: 1.87mg (18.7%), Vitamin E: 2.11mg (14.06%), Calcium: 99.64mg (9.96%), Vitamin D: 0.18µg (1.18%)