



Dinner Tonight: Potato and Asparagus Salad with Mustard Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus ends trimmed
- ☐ 2 pound carrots peeled
- ☐ 1 teaspoon coarse mustard
- ☐ 1 tablespoon dijon mustard
- ☐ 2 pounds baby potatoes rinsed
- ☐ 6 servings salt and pepper
- ☐ 3.5 ounces spring onion chopped

☐ 10 ounces cream sour

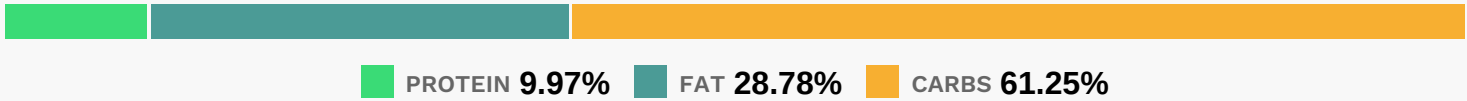
Equipment

- ☐ bowl
- ☐ pot
- ☐ tongs
- ☐ colander

Directions

- ☐ Bring two large pots of water to a boil. In one of them, add the potatoes and cook for 20 minutes. When done, drain and let the potatoes cool slightly.
- ☐ Cut them into bite-sized pieces.
- ☐ While the potatoes are cooking, toss in the asparagus to the second pot of water. Cook for about 3 minutes. Then remove with tongs and shock in large bowl of ice water.
- ☐ Let cool completely, then drain, and dry. Slice in half lengthwise.
- ☐ In the same pot, add the carrots and cook for about 6 minutes. When done, drain in a colander. Dump the carrots in a large bowl of ice water. When cool, drain, dry, and then toss in a clean bowl.
- ☐ Stir together the sour cream and the two mustards. Season with salt and pepper to taste.
- ☐ Add the potatoes, carrots, and most of the asparagus. Toss until coated.
- ☐ Serve with some of extra asparagus on top.

Nutrition Facts



Properties

Glycemic Index:43.1, Glycemic Load:24.83, Inflammation Score:-10, Nutrition Score:26.913912767949%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:

13.71mg, Quercetin: 13.71mg, Quercetin: 13.71mg, Quercetin: 13.71mg

Nutrients (% of daily need)

Calories: 294.41kcal (14.72%), Fat: 9.9g (15.23%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 37.69g (13.71%), Sugar: 11.81g (13.12%), Cholesterol: 27.88mg (9.29%), Sodium: 362.66mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin A: 26295.21IU (525.9%), Vitamin K: 89.27µg (85.02%), Vitamin C: 46.49mg (56.35%), Potassium: 1382.83mg (39.51%), Fiber: 9.72g (38.88%), Vitamin B6: 0.76mg (37.76%), Manganese: 0.61mg (30.65%), Folate: 105.88µg (26.47%), Vitamin B1: 0.35mg (23.58%), Phosphorus: 224.04mg (22.4%), Copper: 0.4mg (19.95%), Iron: 3.58mg (19.91%), Vitamin B2: 0.34mg (19.85%), Vitamin B3: 3.97mg (19.84%), Magnesium: 73.14mg (18.29%), Calcium: 148.03mg (14.8%), Vitamin E: 2.15mg (14.33%), Vitamin B5: 1.25mg (12.49%), Zinc: 1.45mg (9.68%), Selenium: 5.32µg (7.61%), Vitamin B12: 0.1µg (1.65%)