



WHATSheATE



Dressed allotment salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



400 g baby potatoes



4 eggs



300 g jicama sliced



85 g radishes trimmed sliced



1 lettuce



2 tbsp olive oil



3 tbsp citrus champagne vinegar



1 tbsp dijon mustard english

- ☐ 142 ml single cream
- ☐ 1 pinch ground pepper

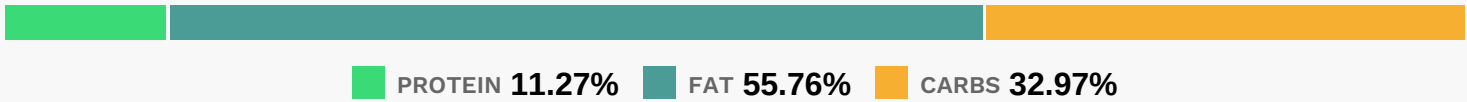
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ For the salad cream: whisk all ingredients together with a pinch of salt. (Make it several hours ahead and it will thicken naturally.) 2 Cook the potatoes in a large pan of boiling salted water for about 15 mins until tender when prodded with a fork. With about 8 mins left, drop the eggs in and cook together with the potatoes.
- ☐ Drain and set aside to cool, then slice the potatoes and peel the eggs.
- ☐ Cook the runner beans in boiling salted water for 4–5 mins until just cooked, then drain and refresh in iced water.
- ☐ Drain again and set aside.
- ☐ Break the lettuce into leaves, wash and spin if necessary. Line a large salad bowl with the leaves, then in a separate bowl toss all the vegetables together with the oil. Pile the vegetables on top, then quarter the eggs and place around the outside.
- ☐ Serve the salad cream on the side for spooning over.

Nutrition Facts



Properties

Glycemic Index:48.69, Glycemic Load:14.12, Inflammation Score:-8, Nutrition Score:18.387391152589%

Flavonoids

Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin:

0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 366.8kcal (18.34%), Fat: 23.09g (35.52%), Saturated Fat: 9.38g (58.61%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 22.88g (8.32%), Sugar: 5.87g (6.52%), Cholesterol: 203.49mg (67.83%), Sodium: 425.23mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin C: 42.06mg (50.98%), Vitamin K: 40.21µg (38.3%), Fiber: 7.84g (31.36%), Vitamin A: 1306.97IU (26.14%), Potassium: 873.45mg (24.96%), Vitamin B6: 0.48mg (24.18%), Folate: 91.53µg (22.88%), Phosphorus: 211.66mg (21.17%), Selenium: 14.78µg (21.11%), Vitamin B2: 0.34mg (20.11%), Manganese: 0.4mg (19.97%), Vitamin E: 2.39mg (15.94%), Iron: 2.73mg (15.15%), Vitamin B5: 1.32mg (13.22%), Magnesium: 51.83mg (12.96%), Vitamin B1: 0.18mg (11.94%), Copper: 0.22mg (11.19%), Calcium: 100.73mg (10.07%), Zinc: 1.33mg (8.89%), Vitamin B12: 0.46µg (7.72%), Vitamin B3: 1.47mg (7.37%), Vitamin D: 1.1µg (7.3%)