



## Hearty Potato, Egg & Apetina Salad

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 750 g baby new potatoes
- ☐ 3 tsp balsamic vinegar
- ☐ 2 large flat cap mushrooms sliced
- ☐ 100 g appetina cheese
- ☐ 3 large eggs
- ☐ 1 tbsp olive oil
- ☐ 3 spring onion finely sliced
- ☐ 10 sundried tomatoes sliced

☐ 1 tsp wholegrain mustard

Equipment

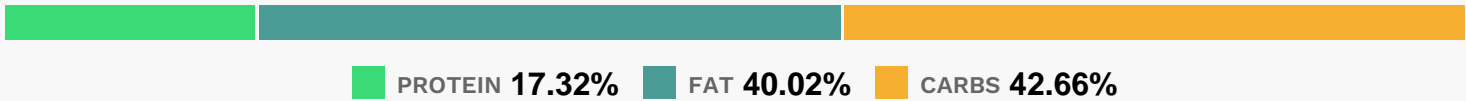
☐ bowl

☐ whisk

Directions

- ☐ Boil the potatoes in salted water for 15–20 minutes until tender.
- ☐ While the potatoes are cooking, boil the eggs for 7 minutes, then refresh in cold water before peeling the shells off.
- ☐ Saute the mushrooms for a few minutes in a splash of olive oil until tender. I like to season my mushrooms with black pepper as they cook. They really absorb the flavour.
- ☐ Drain the potatoes once they are cooked and put into a large bowl with the spring onions, sundried tomatoes and mushrooms.
- ☐ Whisk up the dressing ingredients (olive oil, vinegar, mustard and black pepper) and coat the salad in it.
- ☐ Crumble the Apetina over the salad, then top with halves.
- ☐ Enjoy

Nutrition Facts



Properties

Glycemic Index:84.92, Glycemic Load:33.7, Inflammation Score:-7, Nutrition Score:26.519130540931%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 470.91kcal (23.55%), Fat: 21.27g (32.72%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 44.23g (16.08%), Sugar: 6.08g (6.75%), Cholesterol: 219.33mg (73.11%), Sodium: 333.5mg (14.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.41%), Vitamin C: 54.13mg (65.61%), Vitamin B6: 0.89mg (44.54%), Phosphorus: 441.15mg (44.11%), Selenium: 30.01µg (42.86%), Potassium: 1477.17mg (42.2%), Vitamin K: 36.24µg (34.52%), Vitamin B2: 0.56mg (33.18%), Calcium: 314.57mg (31.46%), Manganese: 0.57mg (28.75%), Fiber: 6.78g (27.13%), Copper: 0.49mg (24.55%), Magnesium: 90.47mg (22.62%), Folate: 86.16µg (21.54%), Iron: 3.81mg (21.14%), Vitamin B5: 2mg (19.97%), Zinc: 2.93mg (19.56%), Vitamin B3: 3.87mg (19.36%), Vitamin B1: 0.29mg (19.15%), Vitamin A: 788.09IU (15.76%), Vitamin B12: 0.81µg (13.53%), Vitamin E: 1.55mg (10.31%), Vitamin D: 1.21µg (8.09%)