



Jacques's French Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons tarragon fresh green coarsely chopped
- ☐ 2 tablespoons chives chopped
- ☐ 2 pounds fingerling potatoes
- ☐ 6 servings parsley fresh chopped
- ☐ 1.5 tsp garlic clove mashed coarsely chopped
- ☐ 1 teaspoon kosher salt plus more if needed
- ☐ 1.5 tablespoons dijon mustard dijon-style
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper black plus more if needed (coarse)
- ☐ 1 head radicchio thinly
- ☐ 0.5 cup spring onion white green
- ☐ 0.3 cup wine

Equipment

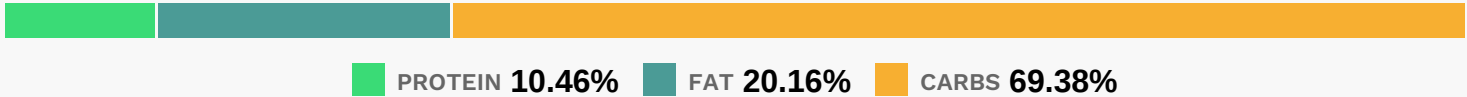
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Scrub the potatoes and put them, whole, in a saucepan with water to cover by 1/2 inch. Bring the water to a boil, reduce the heat, and cook the potatoes gently until they are just tender and can be pierced with a sharp knife.
- ☐ Drain immediately and let cool slightly. (Scrape the skin from the cooked potatoes, if you want, as soon as they can be handled. For a decorative look with fingerlings, scrape off only a band of skin, about 1/2 inch thick, all around the long sides of the potato.)
- ☐ Heat 2 tablespoons of the olive oil in a small saute pan. When hot, add the scallions and the onion, toss to coat well, and cook for about a minute over medium-high heat.
- ☐ Add the garlic, toss to mix, and cook for just a few moments, then remove the pan from the heat.
- ☐ Slice the potatoes while still warm, cutting them crosswise into 1/2-inch sections.
- ☐ Put the pieces in a large mixing bowl, pour the wine and 3 or 4 tablespoons of olive oil over them, and toss gently to distribute.
- ☐ Add the warm vegetables from the pan, mustard, chives, chopped herbs, salt, and pepper, and gently fold all together, mixing well but not crushing the potatoes. Taste the salad and add more seasonings as you like.

- ☐ Serve the potatoes warm (no colder than room temperature). Arrange the large radicchio leaves, if you have them, in a close circle on the serving platter, with their curved insides up,to form a rough bowl. Spoon the potato salad inside the leaves, sprinkle chopped egg around the edges, and parsley over the top.
- ☐ Letterman, The Today Show, and Good Morning America. Mr. Pépin is the recipient of two of the French government's highest honors: he is the Chevalier de L'Ordre des Arts et des
- ☐ Lettres (199
- ☐ and a Chevalier de L'Ordre du Merite Agricole (1992). He is also the Dean of Special Programs at The French Culinary Institute of Wine and Food, a member of the IACP, and is on the board of trustees of The James Beard Foundation. He and his wife, Gloria, live in Madison, Connecticut.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:20.63, Inflammation Score:-8, Nutrition Score:17.842173908068%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 17.79mg, Luteolin: 17.79mg, Luteolin: 17.79mg, Luteolin: 17.79mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 19.44mg, Quercetin: 19.44mg, Quercetin: 19.44mg, Quercetin: 19.44mg

Nutrients (% of daily need)

Calories: 190.28kcal (9.51%), Fat: 4.23g (6.5%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 27.98g (10.17%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 454.64mg (19.77%), Alcohol: 1.37g (100%), Alcohol %: 0.66% (100%), Protein: 4.93g (9.87%), Vitamin K: 209.47µg (199.49%), Vitamin C: 43.37mg (52.57%), Manganese: 0.59mg (29.37%), Vitamin B6: 0.57mg (28.67%), Potassium: 935.76mg (26.74%), Fiber: 4.74g (18.95%), Folate: 74.03µg (18.51%), Copper: 0.37mg (18.29%), Iron: 2.76mg (15.34%), Magnesium: 57.96mg (14.49%), Phosphorus: 129.79mg (12.98%), Vitamin A: 581.1IU (11.62%), Vitamin E: 1.68mg (11.23%), Vitamin B1: 0.16mg

(10.57%), Vitamin B3: 2.08mg (10.41%), Calcium: 74.94mg (7.49%), Vitamin B2: 0.11mg (6.68%), Zinc: 0.97mg (6.49%), Vitamin B5: 0.64mg (6.39%), Selenium: 2.5µg (3.58%)