



Jersey Royal salad with horseradish cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 600 g jersey royal potato halved
- ☐ 1 tbsp horseradish
- ☐ 1 tbsp crème fraîche
- ☐ 100 g radishes thinly sliced
- ☐ 3 tbsp spring onion snipped finely chopped

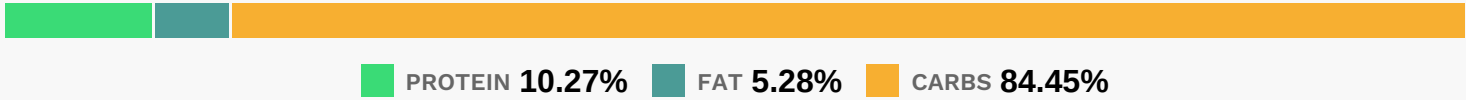
Equipment

- ☐ frying pan

Directions

- ☐ Drop the potatoes into a pan of salted boiling water, then boil for about 10 mins until tender.
- ☐ Drain and allow to cool slightly.
- ☐ Mix the horseradish sauce with the crme frache, then add this to the warm potatoes along with the radishes and chives or spring onions. Season, then mix well to coat.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:19.5, Inflammation Score:-4, Nutrition Score:9.0230436043247%

Flavonoids

Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 128.68kcal (6.43%), Fat: 0.78g (1.19%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 24.01g (8.73%), Sugar: 2.14g (2.38%), Cholesterol: 1.77mg (0.59%), Sodium: 36.15mg (1.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin C: 35.06mg (42.49%), Vitamin B6: 0.47mg (23.35%), Potassium: 715.15mg (20.43%), Fiber: 3.94g (15.76%), Manganese: 0.26mg (12.95%), Vitamin K: 12.58µg (11.98%), Magnesium: 39.21mg (9.8%), Phosphorus: 95.61mg (9.56%), Copper: 0.18mg (9.05%), Folate: 35.45µg (8.86%), Vitamin B3: 1.69mg (8.43%), Vitamin B1: 0.13mg (8.42%), Iron: 1.34mg (7.44%), Vitamin B5: 0.5mg (5.02%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.56mg (3.76%), Calcium: 32.62mg (3.26%), Vitamin A: 68.38IU (1.37%), Selenium: 0.84µg (1.2%)