



New potato & frisée salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 kg baby potatoes halved
- ☐ 1 salad leaves curly endive
- ☐ 1 bunch chives snipped
- ☐ 1 tbsp flour plain
- ☐ 4 tsp sugar
- ☐ 2 tsp ground mustard
- ☐ 2 eggs
- ☐ 100 ml citrus champagne vinegar

- ☐ 150 ml double cream
- ☐ 1 tablespoon juice of lemon

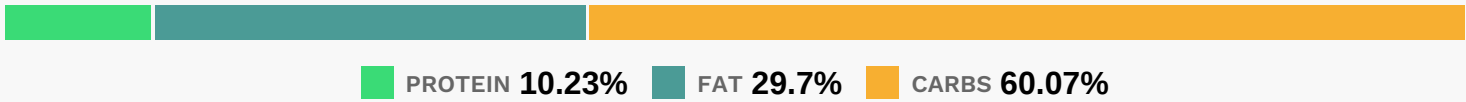
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Boil the potatoes in salted water until tender, about 15 mins.
- ☐ Drain well in a colander and steam dry for 5-10 mins.
- ☐ Make the salad cream by mixing the flour, sugar, mustard powder and some seasoning in a bowl, then beat in the eggs and white wine vinegar.
- ☐ Place the bowl over a pan of simmering water, making sure the base does not touch the water, and stir continuously until it thickens enough to coat the back of a spoon, about 5-10 mins.
- ☐ Remove from the heat and cool.
- ☐ Add the cream and lemon juice to taste. Cover and chill until you are ready to dress the potatoes.
- ☐ Pick over the frise, discarding any damaged leaves, then tear into bite-sized pieces. Toss the potatoes in the salad cream along with most of the chives. Arrange the frise on a platter or in a large bowl. Spoon over the potatoes and scatter with the rest of the chives.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:25.97, Inflammation Score:-9, Nutrition Score:18.8739130186%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 247.73kcal (12.39%), Fat: 8.31g (12.79%), Saturated Fat: 4.76g (29.78%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 32.47g (11.81%), Sugar: 4.44g (4.93%), Cholesterol: 62.23mg (20.74%), Sodium: 45.82mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Vitamin K: 89.37µg (85.11%), Vitamin C: 44.95mg (54.48%), Vitamin A: 1977.51IU (39.55%), Vitamin B6: 0.61mg (30.6%), Potassium: 954.19mg (27.26%), Manganese: 0.44mg (21.9%), Fiber: 5.36g (21.44%), Folate: 70.43µg (17.61%), Phosphorus: 159.48mg (15.95%), Copper: 0.3mg (15.15%), Magnesium: 57.12mg (14.28%), Vitamin B1: 0.19mg (12.49%), Iron: 2.09mg (11.58%), Vitamin B5: 1.11mg (11.11%), Vitamin B3: 2.22mg (11.11%), Vitamin B2: 0.18mg (10.66%), Selenium: 5.97µg (8.52%), Calcium: 72.18mg (7.22%), Vitamin E: 0.98mg (6.51%), Zinc: 0.89mg (5.96%), Vitamin D: 0.52µg (3.48%), Vitamin B12: 0.13µg (2.13%)