



New potato & sundried tomato salad



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



526 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 500 g baby potatoes
- ☐ 4 tbsp crème fraîche
- ☐ 4 tbsp mayonnaise
- ☐ 1 tbsp olive oil
- ☐ 1 pinch sugar
- ☐ 8 sun-dried olives sliced
- ☐ 1 small bunch parsley roughly chopped
- ☐ 2 spring onion sliced

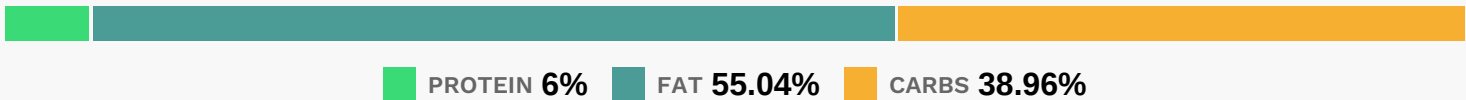
Equipment

☐ bowl

Directions

- ☐ Cook the potatoes in plenty of boiling, salted water until tender.
- ☐ Drain and cool under cold running water.
- ☐ Remove the skins and set the potatoes aside for later.
- ☐ In a small bowl, mix the crme frache, mayonnaise and olive oil with the sugar and some seasoning. Then stir in the tomatoes, parsley and spring onions.
- ☐ Add the potatoes and coat in the creamy dressing, trying not to break up the potatoes. This can be made a day ahead and stored in the fridge.

Nutrition Facts



Properties

Glycemic Index:148.92, Glycemic Load:33.9, Inflammation Score:-10, Nutrition Score:27.042608603187%

Flavonoids

Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 526.25kcal (26.31%), Fat: 33.01g (50.79%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 44.85g (16.31%), Sugar: 6.95g (7.73%), Cholesterol: 25.75mg (8.58%), Sodium: 224.29mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.19%), Vitamin K: 549.99µg (523.8%), Vitamin C: 92.76mg (112.44%), Vitamin A: 2762.86IU (55.26%), Potassium: 1553.51mg (44.39%), Vitamin B6: 0.81mg (40.45%), Fiber: 7.74g (30.95%), Manganese: 0.6mg (29.98%), Iron: 4.74mg (26.31%), Folate: 99.26µg (24.82%), Magnesium: 92.35mg (23.09%), Copper: 0.45mg (22.28%), Phosphorus: 215.99mg (21.6%), Vitamin B3: 3.82mg (19.09%), Vitamin B1: 0.28mg (18.73%), Vitamin E: 2.31mg (15.4%), Vitamin B2: 0.2mg (11.9%), Vitamin B5: 1.16mg (11.58%), Calcium: 113.29mg (11.33%), Zinc: 1.36mg (9.04%), Selenium: 2.82µg (4.02%), Vitamin B12: 0.08µg (1.39%)