



New potato, watercress & bacon salad with soured cream dressing

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 700 g new potatoes
- ☐ 8 streaky bacon rashers
- ☐ 142 ml carton soured cream
- ☐ 2 tbsp olive oil
- ☐ 2 tsp juice of lemon
- ☐ 1 bunch watercress

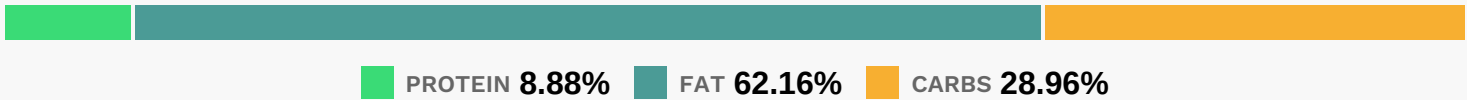
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Bring a pan of salted water to the boil. Lightly scrub the potatoes to remove any dirt but dont peel them. Cook the potatoes in boiling salted water for 10–15 minutes until tender.
- ☐ While the potatoes are cooking, grill the bacon until it is crisp, then drain on kitchen paper.
- ☐ Mix together the soured cream, olive oil and vinegar or lemon juice, and season with some salt and freshly ground black pepper.
- ☐ Remove any tough stalks from the watercress and very coarsely chop the leaves.
- ☐ Drain the potatoes in a colande rand cool under cold running water. Rip the bacon into big chunky pieces. Toss the potatoes in the dressing and toss in the watercress and bacon. Season to taste and serve.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:22.41, Inflammation Score:-6, Nutrition Score:14.110869443935%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 449.66kcal (22.48%), Fat: 31.32g (48.19%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 28.96g (10.53%), Sugar: 2.56g (2.85%), Cholesterol: 49.4mg (16.47%), Sodium: 315.31mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.15%), Vitamin C: 37.47mg (45.42%), Vitamin B6: 0.66mg (32.78%), Potassium: 889.53mg (25.42%), Vitamin K: 23.68µg (22.55%), Phosphorus: 193.29mg (19.33%), Vitamin B3: 3.66mg (18.29%), Vitamin B1: 0.27mg (18.26%), Fiber: 3.88g (15.52%), Selenium: 10.7µg (15.29%), Manganese: 0.3mg (14.89%), Magnesium: 50.42mg (12.6%), Copper: 0.22mg (10.94%), Vitamin E: 1.41mg (9.39%), Vitamin B2: 0.16mg (9.24%), Iron: 1.63mg (9.03%), Vitamin B5: 0.9mg (8.98%), Vitamin A: 434.22IU (8.68%), Folate: 30.63µg (7.66%), Zinc: 1.15mg (7.66%), Calcium: 65.8mg (6.58%), Vitamin B12: 0.29µg (4.87%),

Vitamin D: 0.18µg (1.17%)