



Niçoise Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup beans white canned rinsed drained
- ☐ 4 large caper rinsed drained
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cups lightly green beans steamed
- ☐ 4 hardboiled eggs halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 10 cup romain lettuce leaves chopped
- ☐ 0.3 cup olive oil

- ☐ 16 niçoise olives
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce potatoes red steamed sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon shallots minced
- ☐ 2 large vine-ripened tomatoes cut into wedges

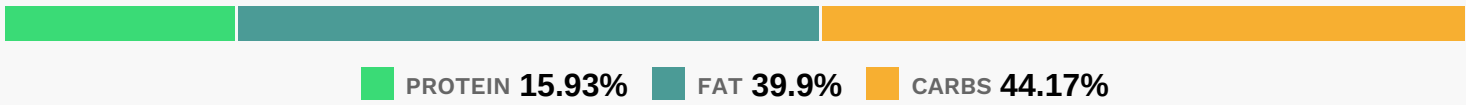
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together shallot, Dijon mustard, lemon juice, salt, and pepper.
- ☐ Whisk in olive oil; set aside. Divide chopped romaine lettuce leaves, red potatoes, white, eggs, green beans, tomatoes, nioise olives, and caper berries among 4 salad bowls; drizzle each with about 2 1/2 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:4.33, Inflammation Score:-10, Nutrition Score:44.950434726218%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 475.79kcal (23.79%), Fat: 21.91g (33.71%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 41.35g (15.03%), Sugar: 12.59g (13.99%), Cholesterol: 186.5mg (62.17%), Sodium: 681.08mg

(29.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.37%), Vitamin A: 45263.52IU (905.27%), Vitamin C: 138.36mg (167.71%), Manganese: 2.42mg (121.23%), Folate: 330.43µg (82.61%), Potassium: 2281.31mg (65.18%), Vitamin B2: 0.98mg (57.54%), Vitamin B1: 0.85mg (56.41%), Fiber: 13.24g (52.94%), Vitamin B6: 1.04mg (52.01%), Iron: 9.1mg (50.58%), Vitamin K: 44.28µg (42.17%), Phosphorus: 413.3mg (41.33%), Vitamin E: 5.95mg (39.64%), Magnesium: 156.72mg (39.18%), Calcium: 322.11mg (32.21%), Selenium: 21.16µg (30.22%), Vitamin B3: 4.75mg (23.77%), Zinc: 2.89mg (19.29%), Copper: 0.38mg (18.97%), Vitamin B5: 1.32mg (13.23%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 1.1µg (7.33%)