



Nifty Niçoise



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g baby potatoes
- ☐ 250 g jicama
- ☐ 200 g tuna in olive oil canned
- ☐ 5 tbsp mustard
- ☐ 1 tbsp mayonnaise
- ☐ 4 eggs
- ☐ 1 the of 1 cos lettuce separated crisp (cos or romaine)
- ☐ 1 handful olives black

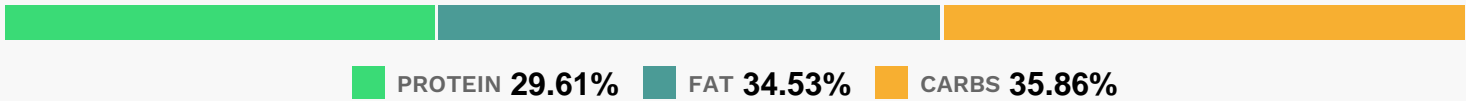
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut any large potatoes in half so theyre all a similar size and put them in the top of your steamer.
- ☐ Sprinkle with salt, cover and steam for 18 minutes. String the beans and slice them on the diagonal.
- ☐ Drain the oil from the tuna into a bowl and whisk in the vinaigrette and mayo with salt and pepper to taste to make a creamy dressing.
- ☐ Lift the top off the steamer and lower the eggs into the water beneath, making sure they are covered. Scatter the beans over the potatoes, return to the pan, cover and steam for 8 minutes more.
- ☐ Lift off the potatoes and beans, then lift out the eggs and plunge them into cold water. Tip the potatoes and beans into the dressing and stir to coat. Shell and halve the eggs. Coarsely shred the lettuce into a large salad bowl, then tip the potatoes and beans on top, keeping back a couple of spoonfuls of dressing. Flake the tuna over the top, dot with the eggs and olives and drizzle over the reserved dressing.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:16.42, Inflammation Score:-7, Nutrition Score:23.694347858429%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 325.26kcal (16.26%), Fat: 12.46g (19.17%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 22.17g (8.06%), Sugar: 2.66g (2.95%), Cholesterol: 174.13mg (58.04%), Sodium: 587.2mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Selenium: 58.85µg (84.07%), Vitamin C: 37.6mg (45.58%), Vitamin B3: 7.81mg (39.07%), Vitamin K: 37.84µg (36.04%), Phosphorus: 348.39mg (34.84%), Vitamin D: 4.24µg (28.25%), Fiber: 6.93g (27.72%), Vitamin B6: 0.54mg (27.24%), Vitamin B12: 1.5µg (24.93%), Potassium: 832.42mg (23.78%), Vitamin B2: 0.34mg (19.84%), Vitamin A: 936.63IU (18.73%), Iron: 3.21mg (17.85%), Magnesium: 67.59mg (16.9%), Manganese: 0.34mg (16.89%), Folate: 61.83µg (15.46%), Vitamin B5: 1.39mg (13.87%), Copper: 0.26mg (12.8%), Vitamin B1: 0.19mg (12.73%), Zinc: 1.62mg (10.82%), Vitamin E: 1.58mg (10.5%), Calcium: 70.64mg (7.06%)