



WHATSheATE



Red potatoes with horseradish & crème fraîche



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1.8 kg baby potatoes red
- ☐ 4 tbsp citrus champagne vinegar
- ☐ 1 bunch spring onion thinly sliced
- ☐ 5 tbsp creamed horseradish
- ☐ 500 g crème fraîche
- ☐ 1 lemon zest
- ☐ 1 bunch chives chopped

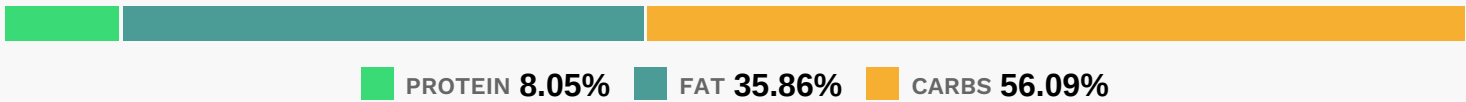
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook the potatoes in a large saucepan of boiling salted water until tender.
- ☐ Drain, then place back in the warm pan to dry out a little.
- ☐ Pour the vinegar over the potatoes and add a few pinches of salt.
- ☐ Let sit for 10 mins to cool, then add the remaining ingredients and toss gently. Taste and add a little more salt if necessary, then pour into a serving dish.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:19.39, Inflammation Score:-5, Nutrition Score:9.4408695594124%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 202.92kcal (10.15%), Fat: 8.27g (12.72%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 25.48g (9.26%), Sugar: 3.16g (3.52%), Cholesterol: 24.58mg (8.19%), Sodium: 48.92mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin C: 32.72mg (39.66%), Vitamin B6: 0.47mg (23.33%), Potassium: 708.2mg (20.23%), Fiber: 3.62g (14.48%), Manganese: 0.25mg (12.43%), Phosphorus: 120.49mg (12.05%), Magnesium: 41.17mg (10.29%), Copper: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.7%), Vitamin B3: 1.66mg (8.29%), Vitamin K: 8.41µg (8.01%), Folate: 31.76µg (7.94%), Vitamin B2: 0.12mg (7.17%), Iron: 1.29mg (7.15%), Calcium: 66.3mg (6.63%), Vitamin A: 297.41IU (5.95%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.64mg (4.25%), Selenium: 2.19µg (3.12%), Vitamin B12: 0.09µg (1.46%), Vitamin E: 0.19mg (1.25%)