



Royal Potato Salad

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 1 cup olive oil extra virgin to taste
- ☐ 1 cup avarakkai / broad beans shelled
- ☐ 1 cup basil leaves fresh
- ☐ 0.5 cup parsley leaves fresh
- ☐ 2 clove garlic crushed peeled
- ☐ 0.5 parmesan cheese grated
- ☐ 15 quail eggs
- ☐ 0.5 cup red wine vinegar

- ☐ 6 servings salt & pepper to taste
- ☐ 1 bunch sorrel leaves (or mint)

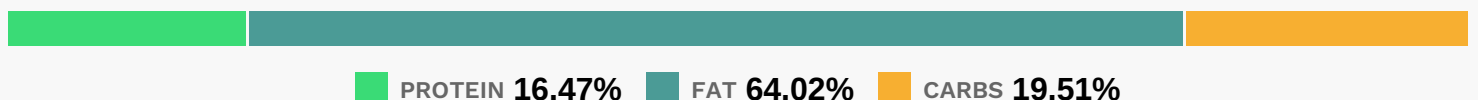
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the quail's eggs in a saucepan, cover with cold water and bring to the boil. Simmer for between 30 seconds (soft-boiled) and two minutes (hard-boiled), depending on how you like them cooked. Refresh in cold water, then peel. Blanch the peas (or fava beans) in boiling water for 30 seconds, then drain and refresh. Set Aside. In a separate pan of boiling water, cook the potatoes for 15 to 20 minutes, or until they are soft but not falling apart. While the potatoes are cooking, place the basil, parsley, pine nuts, parmesan and garlic in a food processor and blitz to a paste.
- ☐ Add the oil and pulse until you get a runny pesto.
- ☐ Pour into a large bowl.
- ☐ Drain the potatoes, then cut in two (or more pieces for larger potatoes) as soon as you can handle them (they will absorb more flavor when hot).
- ☐ Add to the bowl and toss with the pesto, vinegar, sorrel and peas.
- ☐ Mix well, even crushing the potatoes slightly, so all the flavors mix. Taste and adjust the seasoning; be generous with the pepper. (I ended up adding much more vinegar than prescribed).
- ☐ Cut the eggs in half and gently fold into the salad.
- ☐ Garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:12.433913096138%

Flavonoids

Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 142.69kcal (7.13%), Fat: 10.02g (15.41%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.67g (0.75%), Cholesterol: 189.96mg (63.32%), Sodium: 233.8mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin K: 103.84µg (98.9%), Vitamin A: 1159.37IU (23.19%), Folate: 79.67µg (19.92%), Vitamin C: 15.87mg (19.23%), Vitamin B2: 0.21mg (12.49%), Iron: 2.23mg (12.4%), Selenium: 8.11µg (11.59%), Manganese: 0.21mg (10.41%), Magnesium: 38.42mg (9.61%), Phosphorus: 95.11mg (9.51%), Vitamin E: 1.36mg (9.04%), Fiber: 1.91g (7.65%), Vitamin B12: 0.36µg (5.94%), Copper: 0.12mg (5.77%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.48mg (4.75%), Potassium: 157.1mg (4.49%), Vitamin B1: 0.06mg (4.3%), Calcium: 42.76mg (4.28%), Vitamin B6: 0.08mg (3.87%), Vitamin D: 0.32µg (2.1%), Vitamin B3: 0.34mg (1.72%)