



Russian-Style Salad Niçoise



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



748 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound beets (8)
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 pound green beans thin
- ☐ 6 hardboiled eggs quartered
- ☐ 3 tablespoons heavy cream
- ☐ 2 tablespoons horseradish prepared

- ☐ 1 pound new potatoes scrubbed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 2 pound trout smoked whole flaked

Equipment

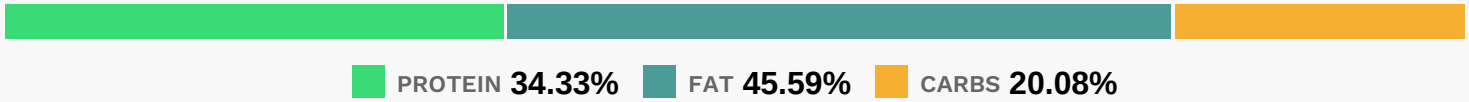
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander
- ☐ steamer basket

Directions

- ☐ Preheat the oven to 42
- ☐ Wrap the beets in foil and bake for about 1 hour, or until tender when pierced. When cool enough to handle, peel the beets and cut them into 2-by- 1/2 -inch matchsticks or small wedges.
- ☐ Bring a medium saucepan of lightly salted water to a boil.
- ☐ Add the haricots verts and cook until tender, about 4 minutes. Using a slotted spoon, transfer the beans to a colander and rinse under cool running water; pat dry.
- ☐ Pour off all but 2 inches of water from the pan and set a steamer basket inside.
- ☐ Add the potatoes and steam until tender, about 18 minutes.

- ☐ Let cool slightly, then quarter the potatoes.
- ☐ In a medium bowl, combine the shallots, horseradish, vinegar, sour cream and mustard.
- ☐ Whisk in the oil, 1 tablespoon at a time, until emulsified.
- ☐ Whisk in the heavy cream and season with salt and pepper.
- ☐ Just before serving, stir the dill into the dressing. In a bowl, toss the flaked trout with 1/4 cup of the dressing and mound on 4 large dinner plates.
- ☐ Garnish each serving with the beets, haricots verts, potatoes, eggs and tomatoes. Pass the remaining dressing separately.
- ☐ Make Ahead: The vegetables and dressing can be refrigerated overnight.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:20.38, Inflammation Score:-9, Nutrition Score:42.628695985545%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 748.36kcal (37.42%), Fat: 37.68g (57.97%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 30.18g (10.97%), Sugar: 12.79g (14.21%), Cholesterol: 536.41mg (178.8%), Sodium: 607.35mg (26.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.83g (127.67%), Selenium: 131.99µg (188.55%), Vitamin B12: 8.71µg (145.17%), Phosphorus: 1006.64mg (100.66%), Vitamin B6: 1.65mg (82.43%), Potassium: 2131.62mg (60.9%), Vitamin B2: 1.01mg (59.33%), Folate: 209.58µg (52.39%), Vitamin C: 42.36mg (51.35%), Vitamin B3: 8.72mg (43.59%), Magnesium: 166.24mg (41.56%), Manganese: 0.74mg (37.24%), Vitamin B5: 3.71mg (37.08%), Fiber: 7.16g (28.64%), Vitamin A: 1279.98IU (25.6%), Vitamin B1: 0.38mg (25.2%), Iron: 4.27mg (23.71%), Vitamin K: 24.57µg (23.4%), Vitamin E: 3.23mg (21.54%), Zinc: 3.09mg (20.6%), Copper: 0.36mg (18.2%), Calcium: 154.97mg (15.5%), Vitamin D: 1.83µg (12.2%)