

Salade Niçoise



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounces anchovy fillets drained canned tinned
- ☐ 0.3 cup olives black such as niçoise or kalamata pitted chopped
- ☐ 6 ounces tuna drained canned
- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 pound green beans halved
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 4 hard-cooked eggs peeled quartered

- ☐ 0.5 cup olive oil
- ☐ 0.3 cup pimientos diced drained (from a 4-ounce jar)
- ☐ 0.5 pound potatoes red quartered (4)
- ☐ 1.3 pounds romaine lettuce (3 quarts)
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons white-wine vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Put the potatoes in a medium saucepan of salted water and bring to a boil. Boil for 5 minutes and then stir in the beans. Continue boiling until the beans and potatoes are tender, about 5 minutes longer.
- ☐ Drain thoroughly. When the potatoes are cool enough to handle, peel them and cut them into quarters.
- ☐ Meanwhile, in a glass or stainless-steel bowl, whisk together the vinegar, mustard, salt, and pepper.
- ☐ Add the oil slowly, whisking. In a large glass or stainless-steel bowl, toss the romaine with 1/4 cup of the vinaigrette and then transfer to a platter or individual plates.
- ☐ In the same bowl, toss the potatoes with 1 tablespoon of the vinaigrette and pile them on top of the romaine. Repeat with the green beans and the eggs, tossing each with 1 tablespoon of the vinaigrette and then arranging it on the romaine. Arrange the anchovies, capers, tuna, pimientos, and olives in piles on the lettuce. Pass any remaining vinaigrette at the table.
- ☐ Wine Recommendation: For an elegant evening on the patio, why not pull out all the stops and enjoy a festive ros champagne with this classic salad. Champagne's deceptively high acidity will contrast with the richness of the tuna while standing up to the dressing's vinegary tang.

Nutrition Facts



 **PROTEIN 30.6%**  **FAT 44.87%**  **CARBS 24.53%**

Properties

Glycemic Index:38.75, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:32.245651991471%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 286.7kcal (14.34%), Fat: 14.55g (22.39%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 12.28g (4.47%), Sugar: 4.42g (4.91%), Cholesterol: 213.86mg (71.29%), Sodium: 1275.71mg (55.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Vitamin A: 13197.02IU (263.94%), Vitamin K: 167.12µg (159.16%), Selenium: 56.34µg (80.49%), Folate: 240.2µg (60.05%), Vitamin B3: 8.53mg (42.67%), Vitamin C: 26.71mg (32.37%), Vitamin B2: 0.5mg (29.57%), Vitamin B12: 1.77µg (29.54%), Phosphorus: 276.16mg (27.62%), Potassium: 923.16mg (26.38%), Iron: 4.55mg (25.27%), Vitamin B6: 0.5mg (25.25%), Manganese: 0.46mg (23.1%), Fiber: 5.61g (22.45%), Vitamin E: 2.68mg (17.9%), Magnesium: 69.59mg (17.4%), Vitamin B1: 0.24mg (16.03%), Calcium: 139.46mg (13.95%), Copper: 0.28mg (13.9%), Vitamin B5: 1.33mg (13.33%), Vitamin D: 1.85µg (12.34%), Zinc: 1.81mg (12.04%)