



Smoked Trout and Potato Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- 0.3 cup creme fraeche sour
- 0.5 small cucumber english halved lengthwise thinly sliced
- 3 tablespoons optional: dill fresh chopped
- 1.5 teaspoons grainy mustard
- 4 servings kosher salt
- 1 tablespoon olive oil extra-virgin
- 4 servings pepper freshly ground
- 0.5 small onion red thinly sliced

- 1 pound red-skinned potatoes cut into 1-inch chunks
- 1 large bunch watercress trimmed
- 12 ounces trout smoked skinless
- 1 tablespoon citrus champagne vinegar

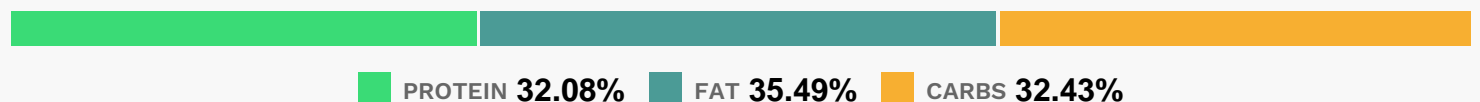
Equipment

- bowl
- whisk
- pot

Directions

- Soak the onion slices in a bowl of ice water. Cover the potatoes with water in a pot; add a pinch of salt, cover and bring to a boil. Reduce to a simmer and cook, uncovered, until tender, 8 to 10 minutes.
- Drain and let cool slightly; pat dry.
- Meanwhile, whisk the creme fraeche, vinegar, olive oil and mustard in a large bowl to make a smooth dressing. Stir in the dill.
- Drain the onion, pat dry and add to the dressing.
- Add the potatoes and cucumber, season with salt and pepper and toss to coat.
- Divide the watercress among 4 plates and add some potato salad to each. Flake the trout with your fingers and scatter on top.
- Serve with pumpernickel bread and/or pickled beets, if desired.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:17.596086833788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 265.94kcal (13.3%), Fat: 10.52g (16.18%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 19.12g (6.95%), Sugar: 3.2g (3.56%), Cholesterol: 98.63mg (32.88%), Sodium: 306.65mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.77%), Selenium: 41.78µg (59.69%), Vitamin B12: 2.97µg (49.55%), Phosphorus: 372.52mg (37.25%), Vitamin B6: 0.63mg (31.66%), Potassium: 1009.31mg (28.84%), Vitamin K: 27.63µg (26.32%), Vitamin B3: 3.88mg (19.42%), Vitamin C: 14.92mg (18.08%), Magnesium: 69.36mg (17.34%), Vitamin B2: 0.26mg (15.37%), Manganese: 0.27mg (13.34%), Vitamin B5: 1.24mg (12.42%), Vitamin B1: 0.18mg (11.95%), Copper: 0.22mg (10.8%), Fiber: 2.49g (9.97%), Vitamin A: 459.42IU (9.19%), Folate: 32.78µg (8.19%), Iron: 1.38mg (7.66%), Zinc: 1.04mg (6.92%), Calcium: 63.86mg (6.39%), Vitamin E: 0.65mg (4.36%)