



Summer potato salad with minty Dijon mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



478 kcal

SIDE DISH

Ingredients

- ☐ 300 ml mayonnaise
- ☐ 2 tbsp dijon mustard
- ☐ 2 tbsp mint leaves fresh chopped
- ☐ 750 g baby potatoes
- ☐ 400 g green beans trimmed fine
- ☐ 450 g pea-mond dressing frozen thawed
- ☐ 2 large avocado ripe
- ☐ 0.5 juice of lemon

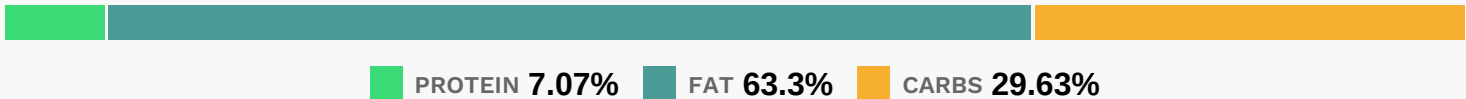
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix all the dressing ingredients with a little salt and pepper and 2 tbsp water until well blended. Halve or thickly slice the potatoes if large and boil for 7–8 minutes in a pan of salted water with a steamer full of beans over the top until they are both tender. Cool them separately under the cold tap.
- ☐ Pile the potatoes into a bowl followed by the beans and peas. Just before serving, peel, stone and chop the avocados and toss with lemon juice to stop them discolouring. Pile on top of the salad and drizzle over the dressing.
- ☐ Cover the bowl with cling film to transport. Toss just before bringing to the table to mix and coat everything in the mayo dressing. If you have a long journey or want to make this a day ahead, prepare and add the avocados and lemon juice.

Nutrition Facts



Properties

Glycemic Index:36.59, Glycemic Load:16.74, Inflammation Score:-7, Nutrition Score:20.981304465429%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 477.75kcal (23.89%), Fat: 34.57g (53.19%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 25.78g (9.38%), Sugar: 4.85g (5.39%), Cholesterol: 14.91mg (4.97%), Sodium: 281.24mg (12.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.37%), Vitamin K: 92.72µg (88.3%), Folate: 192.07µg (48.02%), Fiber: 10.63g (42.54%), Vitamin C: 30.69mg (37.2%), Manganese: 0.61mg (30.65%), Vitamin B6: 0.54mg (26.96%), Potassium: 917.21mg (26.21%), Magnesium: 81.04mg (20.26%), Phosphorus: 198.27mg (19.83%), Copper: 0.39mg (19.66%), Vitamin B1: 0.27mg (18.31%), Vitamin E: 2.59mg (17.28%), Iron: 3.09mg (17.17%), Vitamin B5: 1.4mg (13.95%), Vitamin B3: 2.54mg (12.69%), Vitamin B2: 0.19mg (11.11%), Zinc: 1.52mg (10.14%), Vitamin A: 471.52IU (9.43%), Selenium: 4.28µg (6.12%), Calcium: 55.57mg (5.56%)