



Summer salad with anchovy dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 140 g green beans
- ☐ 300 g new potatoes sliced
- ☐ 4 eggs
- ☐ 1 handful olives black pitted
- ☐ 225 g cherry tomatoes halved
- ☐ 2 baby gem lettuces separated
- ☐ 2 anchovies
- ☐ 1 tbsp red wine vinegar

☐ 3 tbsp olive oil

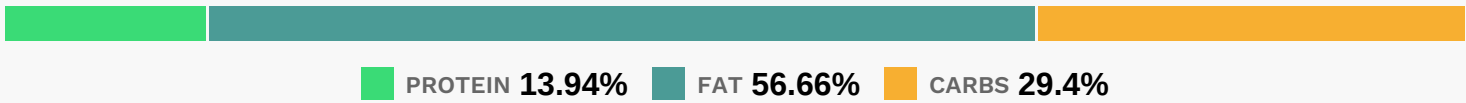
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring a large pan of water to the boil. Cook the beans for 4 mins, so they still have a slight crunch, then scoop out with a slotted spoon into a colander and cool quickly with cold water. Tip the potatoes into the pan, add the eggs and simmer everything for 8 mins. Lift out the eggs, then leave to cool while the potatoes cook for 2 more mins until tender.
- ☐ Drain the potatoes.
- ☐ For the dressing, mash the anchovies with the side of a knife, then mix with the vinegar and olive oil in a large bowl. Stir in the beans, potatoes, olives and tomatoes. Peel and halve the eggs.
- ☐ Put the leaves into a large serving bowl, add the potato mix and eggs, then serve.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:10.3, Inflammation Score:-6, Nutrition Score:13.474782736405%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 245.45kcal (12.27%), Fat: 15.75g (24.24%), Saturated Fat: 3g (18.74%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 15.21g (5.53%), Sugar: 3.34g (3.72%), Cholesterol: 164.88mg (54.96%), Sodium: 155.88mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Vitamin C: 32.09mg (38.9%), Vitamin K: 24.7µg (23.52%), Selenium: 15.01µg (21.44%), Vitamin B6: 0.4mg (19.75%), Vitamin E: 2.64mg (17.62%), Potassium: 585.48mg (16.73%), Vitamin B2: 0.28mg (16.47%), Phosphorus: 163.44mg (16.34%), Vitamin A: 780.14IU (15.6%), Manganese: 0.27mg (13.34%), Folate: 52.2µg (13.05%), Fiber: 3.18g (12.73%), Iron: 2.27mg (12.61%), Vitamin B5: 1.06mg (10.62%), Copper: 0.19mg (9.52%), Magnesium: 38.03mg (9.51%), Vitamin B1: 0.13mg (8.67%), Vitamin B3: 1.68mg (8.41%), Vitamin B12: 0.4µg (6.73%), Zinc: 0.99mg (6.61%), Calcium: 58.77mg (5.88%), Vitamin D: 0.88µg (5.87%)