



Tuna, Asparagus, and New Potato Salad with Chive Vinaigrette and Fried Capers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus thick peeled
- ☐ 1.3 pounds baby potatoes red halved quartered
- ☐ 0.5 cup capers dry drained
- ☐ 0.3 cup champagne vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup chives fresh chopped
- ☐ 8 ounces the salad mixed

- ☐ 3 large hardboiled eggs peeled quartered
- ☐ 1 teaspoon honey
- ☐ 0.3 cup olive oil
- ☐ 3 cups radishes trimmed very thinly sliced
- ☐ 1 small shallots coarsely chopped
- ☐ 12 ounces tuna packed in oil, drained
- ☐ 0.7 cup vegetable oil

Equipment

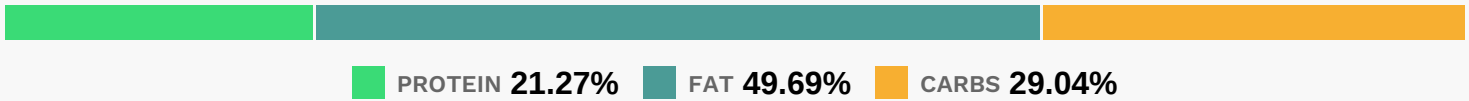
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Puree first 5 ingredients in blender until smooth. With machine running, gradually add vegetable oil, then olive oil. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Cook asparagus in large skillet of boiling salted water until just tender, 4 to 5 minutes.
- ☐ Transfer asparagus to 13x9x2-inch pan of ice water to cool.
- ☐ Drain asparagus and pat dry. DO AHEAD: Can be made 8 hours ahead. Wrap in paper towels, then plastic, and chill.
- ☐ Place potatoes in large saucepan.
- ☐ Add enough water to cover potatoes by 1 inch.
- ☐ Sprinkle with salt. Bring to boil and cook until potatoes are tender, 10 to 15 minutes, depending on size of potatoes.
- ☐ Drain; let cool 5 minutes.
- ☐ Place in medium bowl.
- ☐ Add 1/4 cup vinaigrette; toss to coat. Season to taste with salt and pepper.

- ☐ Heat olive oil in small skillet overmedium-high heat.
- ☐ Add capers and fryuntil capers are crisp and open like flowers,stirring often, 45 to 60 seconds. Usingslotted spoon, transfer capers to papertowels to drain. DO AHEAD: Potatoes andcapers can be made 2 hours ahead.
- ☐ Letstand at room temperature.
- ☐ Place asparagus in large bowl.
- ☐ Add 2tablespoons vinaigrette and toss to coat.Toss potatoes again to coat, adding 1 moretablespoon vinaigrette if dry.
- ☐ Place greensand radishes in another large bowl. Tosswith enough vinaigrette to coat.
- ☐ Spreadgreens and radishes over large platter.Arrange potatoes, asparagus, eggs, andtuna atop greens.
- ☐ Drizzle some vinaigretteover tuna.
- ☐ Sprinkle with fried capers andchive blossoms, if desired.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:13.76, Inflammation Score:-9, Nutrition Score:28.25043479256%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.61mg, Isorhamnetin: 6.61mg, Isorhamnetin: 6.61mg, Isorhamnetin: 6.61mg Kaempferol: 22.21mg, Kaempferol: 22.21mg, Kaempferol: 22.21mg, Kaempferol: 22.21mg Quercetin: 41.78mg, Quercetin: 41.78mg, Quercetin: 41.78mg, Quercetin: 41.78mg

Nutrients (% of daily need)

Calories: 362.42kcal (18.12%), Fat: 20.51g (31.55%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 20.88g (7.59%), Sugar: 5.63g (6.25%), Cholesterol: 113.66mg (37.89%), Sodium: 610.19mg (26.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.5%), Selenium: 50.07µg (71.53%), Vitamin K: 74.41µg (70.87%), Vitamin C: 44.63mg (54.1%), Vitamin B3: 8.22mg (41.12%), Vitamin B6: 0.69mg (34.34%), Vitamin A: 1572.58IU (31.45%), Folate: 123.03µg (30.76%), Iron: 5.3mg (29.47%), Vitamin B12: 1.73µg (28.91%), Potassium: 990.54mg (28.3%), Phosphorus: 266.84mg (26.68%), Vitamin E: 4mg (26.65%), Vitamin B2: 0.43mg (25.36%), Fiber: 6.08g (24.33%), Manganese: 0.48mg (23.87%), Copper: 0.46mg (22.92%), Vitamin B1: 0.3mg

(19.87%), Magnesium: 70.55mg (17.64%), Zinc: 1.85mg (12.34%), Vitamin B5: 1.19mg (11.91%), Calcium: 91.41mg (9.14%), Vitamin D: 1.23µg (8.2%)