



Warm Fingerling Potato and Smoked Trout Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds fingerling potatoes scrubbed halved lengthwise (1 by 2 in.; see notes) (2 in. wide)
- 1 tablespoon optional: dill fresh chopped
- 0.5 teaspoon fresh-ground pepper
- 0.3 cup juice of lemon
- 0.3 cup olive oil
- 2 tablespoons salt-cured canned drained (see notes)
- 8 ounces trout smoked

- 5 oz baking apples are apples that have a sweet-tart balance and hold their shape when green such as granny smith, rinsed, cored, and thinly sliced

Equipment

- bowl
- frying pan
- paper towels
- whisk
- sieve
- pot holder

Directions

- If using salt-cured capers, put in a small bowl, cover with water, and let soak 10 minutes to remove salt; rinse and pat completely dry. (For brine-packed capers, rinse well and pat dry.)
- In a 4- to 6-quart pan over high heat, bring 2 to 3 quarts water to a boil.
- Add potatoes and cook, uncovered, until tender when pierced, about 15 minutes.
- Drain.
- Meanwhile, pull off and discard skin from trout. Break the fish into bite-size pieces.
- Set a 1- to 1 1/2-quart pan over medium-high heat. When hot, add olive oil; when it begins to ripple, add capers (use a potholder and stand back--the oil may splatter). Cook, stirring once, until berries have opened and are light brown and crisp, about 1 minute.
- Pour into a fine wire strainer over a 1-cup glass measure; reserve oil.
- Pour capers onto paper towels to drain.
- In a large serving bowl, whisk oil from capers with lemon juice and pepper. Stir in potatoes.
- Add trout, apple, and dill and mix gently.
- Sprinkle fried capers over the top.
- Serve with sour cream, if desired.

Nutrition Facts



PROTEIN 15.42% FAT 42.92% CARBS 41.66%

Properties

Glycemic Index:40.69, Glycemic Load:30.33, Inflammation Score:-6, Nutrition Score:19.94130422758%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 431.62kcal (21.58%), Fat: 20.94g (32.21%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 39.78g (14.47%), Sugar: 5.84g (6.49%), Cholesterol: 60.1mg (20.03%), Sodium: 3544.76mg (154.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.85%), Vitamin C: 52.3mg (63.39%), Vitamin B6: 0.95mg (47.67%), Selenium: 27.25µg (38.93%), Potassium: 1261.17mg (36.03%), Vitamin B12: 1.96µg (32.7%), Phosphorus: 316.86mg (31.69%), Fiber: 5.95g (23.8%), Manganese: 0.41mg (20.71%), Vitamin B3: 4.1mg (20.49%), Magnesium: 78.1mg (19.53%), Vitamin E: 2.7mg (18.03%), Vitamin K: 16.33µg (15.56%), Vitamin B1: 0.23mg (15.37%), Copper: 0.28mg (14.23%), Iron: 2.18mg (12.13%), Vitamin B5: 1.21mg (12.07%), Vitamin B2: 0.2mg (11.89%), Folate: 43.99µg (11%), Zinc: 1.02mg (6.81%), Calcium: 46.39mg (4.64%), Vitamin A: 98.88IU (1.98%)