



Warm new potatoes with cured ham & chives



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

Ingredients

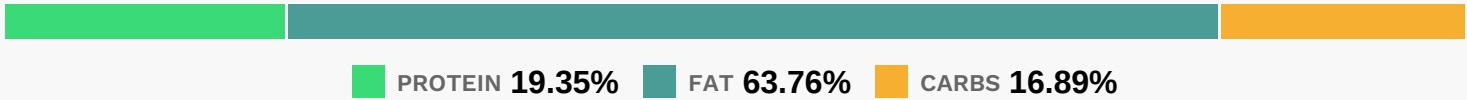
- ☐ 400 g baby potatoes
- ☐ 12 slices ham (such as Paleta Iberico from the shoulder)
- ☐ 1 handful arugula
- ☐ 1 tsp dijon mustard
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp mayonnaise
- ☐ 2 tbsp chives snipped

Equipment

Directions

- ☐
- Boil or steam potatoes whole for 15 mins or until just tender. Meanwhile, mix the ingredients for the dressing with seasoning and tbsp water.
- ☐
- Lay the slices of ham over dinner plates. Carefully slice the warm potatoes, toss them into the dressing then spoon them on top of the ham.
- ☐
- Add a few rocket leaves and grind over pepper.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:12.86, Inflammation Score:-4, Nutrition Score:14.973478244699%

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: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 424.03kcal (21.2%), Fat: 29.92g (46.04%), Saturated Fat: 7.32g (45.72%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 15.46g (5.62%), Sugar: 0.97g (1.07%), Cholesterol: 54.98mg (18.33%), Sodium: 1062.55mg (46.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.88%), Vitamin B1: 0.59mg (39.42%), Vitamin B6: 0.62mg (31.07%), Selenium: 19.98µg (28.54%), Vitamin K: 28.13µg (26.79%), Vitamin C: 21.35mg (25.87%), Phosphorus: 243.33mg (24.33%), Vitamin B3: 4.83mg (24.17%), Potassium: 688.94mg (19.68%), Zinc: 2.29mg (15.27%), Vitamin E: 2.08mg (13.86%), Vitamin B2: 0.23mg (13.28%), Magnesium: 42.76mg (10.69%), Manganese: 0.19mg (9.69%), Iron: 1.72mg (9.54%), Fiber: 2.37g (9.48%), Copper: 0.19mg (9.32%), Vitamin B12: 0.55µg (9.1%), Vitamin B5: 0.72mg (7.22%), Folate: 25.38µg (6.34%), Vitamin D: 0.6µg (4.01%), Vitamin A: 191.32IU (3.83%), Calcium: 28.93mg (2.89%)