



Warm potato & cherry tomato salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 750 g baby potatoes
- ☐ 3 tbsp olive oil
- ☐ 1 anchovy roughly chopped
- ☐ 1 handful kalamata olives
- ☐ 2 small garlic clove finely sliced
- ☐ 250 g cherry tomatoes halved
- ☐ 2 tbsp balsamic vinegar

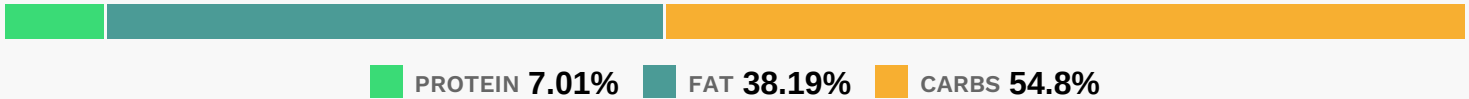
Equipment

☐ frying pan

Directions

- ☐ Boil the potatoes in plenty of salted water until cooked through, about 15–20 mins.
- ☐ Remove from the heat and drain.
- ☐ Cut each potato in half if they are very big, cut into thirds.
- ☐ Heat the oil in a large non–stick frying pan, then fry the potatoes with the anchovies, olives and some salt and pepper. Stir frequently. When browned, add the garlic, tomatoes and balsamic vinegar, then fry for a couple more mins.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.94, Glycemic Load:24.8, Inflammation Score:-6, Nutrition Score:12.912174063208%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 266.28kcal (13.31%), Fat: 11.56g (17.78%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 32.55g (11.84%), Sugar: 4.26g (4.73%), Cholesterol: 0.6mg (0.2%), Sodium: 99.47mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 51.66mg (62.61%), Vitamin B6: 0.62mg (31.2%), Potassium: 946.64mg (27.05%), Manganese: 0.39mg (19.44%), Fiber: 4.76g (19.04%), Vitamin E: 2.08mg (13.85%), Copper: 0.26mg (13.2%), Phosphorus: 130.13mg (13.01%), Magnesium: 51.04mg (12.76%), Vitamin B3: 2.47mg (12.36%), Vitamin B1: 0.18mg (11.81%), Iron: 2.09mg (11.59%), Vitamin K: 11.73µg (11.17%), Folate: 38.41µg (9.6%), Vitamin A: 329.66IU (6.59%), Vitamin B5: 0.65mg (6.52%), Vitamin B2: 0.08mg (4.61%), Zinc: 0.67mg (4.49%), Calcium: 38.42mg (3.84%), Selenium: 1.5µg (2.14%)