



WHATSheATE



Warm Smoked-Trout Potato Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup mirin dry
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 tablespoons horseradish
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 pounds potatoes – remove skin red scrubbed cut into 2-inch pieces
- ☐ 2 spring onion minced
- ☐ 0.5 pound trout smoked flaked

☐

2 tablespoons citrus champagne vinegar

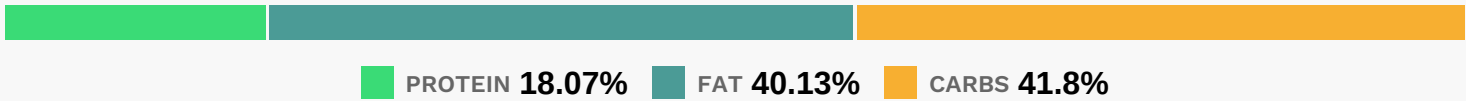
Equipment

- ☐ bowl
- ☐ whisk
- ☐ skewers

Directions

- ☐ Heat the potatoes to boiling in enough lightly salted water to cover. Reduce heat to low, cover, and simmer 10 minutes or until the potatoes feel tender when poked with a skewer.
- ☐ Drain.
- ☐ Meanwhile, in a large bowl, whisk together the vermouth, scallions, vinegar, lemon juice, and olive oil. Stir in the horseradish and parsley. Fold in the hot potatoes and trout.
- ☐ Serve warm or at room temperature. Can be made up to 2 days ahead.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:9.9695653189784%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 189.41kcal (9.47%), Fat: 8.27g (12.72%), Saturated Fat: 1.34g (8.41%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.21g (6.26%), Sugar: 1.94g (2.15%), Cholesterol: 30.05mg (10.02%), Sodium: 58.65mg (2.55%), Alcohol: 0.95g (100%), Alcohol %: 0.69% (100%), Protein: 8.38g (16.76%), Vitamin K: 30.01µg (28.58%), Selenium: 13.96µg (19.95%), Potassium: 668.29mg (19.09%), Vitamin C: 14.05mg (17.03%), Vitamin B6: 0.33mg (16.55%), Phosphorus: 163.63mg (16.36%), Vitamin B12: 0.98µg (16.35%), Vitamin B3: 2.18mg (10.89%), Magnesium: 38.77mg

(9.69%), Manganese: 0.18mg (8.93%), Fiber: 2.17g (8.7%), Copper: 0.17mg (8.49%), Vitamin B1: 0.12mg (7.67%), Folate: 28.44µg (7.11%), Vitamin E: 1.01mg (6.76%), Iron: 1.11mg (6.15%), Vitamin B2: 0.1mg (5.8%), Vitamin B5: 0.58mg (5.76%), Zinc: 0.6mg (3.97%), Vitamin A: 154.99IU (3.1%), Calcium: 23.73mg (2.37%)