



5:2 Diet - 230 Calorie Fridge Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 50 g pickled baby beets halved quartered
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 small carrots finely grated
- ☐ 8 slices cucumber
- ☐ 38 g feta cheese
- ☐ 1 serving grinding of pepper black good
- ☐ 3 baby plum tomatoes halved
- ☐ 40 g salad leaves mixed

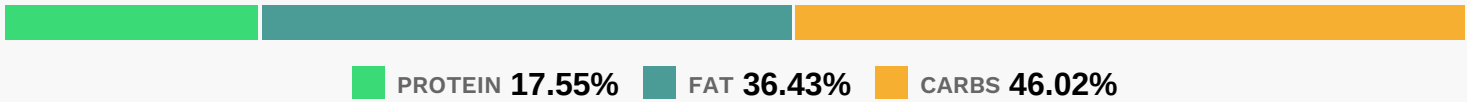
2 spring onion finely sliced

Equipment

Directions

- Layer your salad ingredients on your plate, starting with the salad leaves as a base.
- Top with baby beets and feta cheese.
- Finish with a drizzle of balsamic vinegar and some black pepper. Calories:40g salad leaves = 7 calories 1 small carrot = 21 calories 2 spring onions = 10 calories 3 baby plum tomatoes = 9 calories 8 slices of cucumber = 8 calories 50g baby beets = 65 calories 38g feta cheese = 100 calories 1 tbsp balsamic vinegar = 10 calories Total = 230 calories

Nutrition Facts



Properties

Glycemic Index:304.83, Glycemic Load:7.91, Inflammation Score:-10, Nutrition Score:24.972608431526%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 211.31kcal (10.57%), Fat: 8.91g (13.71%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 19.25g (7%), Sugar: 14.37g (15.96%), Cholesterol: 33.82mg (11.27%), Sodium: 535.06mg (23.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.32%), Vitamin A: 10813.79IU (216.28%), Vitamin K: 75.95µg (72.34%), Vitamin C: 46.47mg (56.32%), Folate: 142.08µg (35.52%), Manganese: 0.63mg (31.52%), Potassium: 1017.33mg (29.07%), Vitamin B2: 0.46mg (26.97%), Calcium: 265.52mg (26.55%), Phosphorus: 249.64mg (24.96%), Vitamin B6: 0.49mg (24.4%), Fiber: 6.07g (24.29%), Magnesium: 63.19mg (15.8%), Vitamin B1: 0.22mg (14.57%), Copper: 0.27mg (13.35%), Zinc: 1.99mg (13.28%), Vitamin B3: 2.51mg (12.54%), Iron: 2.15mg (11.97%), Vitamin B12: 0.64µg (10.7%), Vitamin E: 1.57mg (10.48%), Vitamin B5: 0.95mg (9.49%), Selenium: 6.46µg (9.24%), Vitamin D: 0.15µg (1.01%)