



5:2 Diet - Menu Options



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 3 baby beets halved (pickled)
- ☐ 1 cm of feta
- ☐ 2 figs fresh quartered
- ☐ 6 mangetout
- ☐ 3 slices onion thin
- ☐ 1 handful rocket salad generous

Equipment

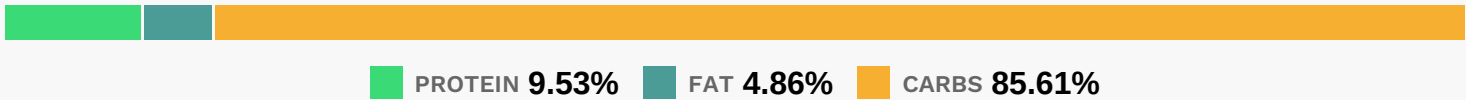
- ☐ bowl

☐ microwave

Directions

- ☐ Pop the mangetout in a small bowl and add a splash of water. Cover the bowl with clingfilm, prick the film with a fork and microwave for 1 minute. Refresh in cold water and pat dry.
- ☐ Start layering your salad in your lunch box. First pop in the salad leaves.
- ☐ Sprinkle on the onion rings. Throw in the mangetout. Next add the beetroot and figs, then crumble the feta cheese on top of the salad.
- ☐ Make a little of your favourite dressing and pop in a little dish to take with you.
- ☐ Add the dressing at the last moment, so the leaves don't go soggy.
- ☐ Enjoy during your lunch break. Prepare for envious looks!

Nutrition Facts



Properties

Glycemic Index:211, Glycemic Load:16.27, Inflammation Score:-8, Nutrition Score:12.994347745877%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.74mg, Quercetin: 15.74mg, Quercetin: 15.74mg, Quercetin: 15.74mg

Nutrients (% of daily need)

Calories: 153.86kcal (7.69%), Fat: 0.91g (1.4%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 28.57g (10.39%), Sugar: 27.05g (30.05%), Cholesterol: 0.89mg (0.3%), Sodium: 115.66mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Folate: 170.29µg (42.57%), Manganese: 0.67mg (33.3%), Fiber: 7.53g (30.14%), Vitamin K: 28.43µg (27.08%), Potassium: 779.49mg (22.27%), Vitamin C: 17.74mg (21.5%), Magnesium: 60.52mg (15.13%), Vitamin A: 727.47IU (14.55%), Vitamin B6: 0.27mg (13.71%), Calcium: 103.85mg (10.39%), Iron: 1.87mg (10.36%), Copper: 0.2mg (9.94%), Phosphorus: 92.33mg (9.23%), Vitamin B1: 0.14mg (9.12%), Vitamin B2: 0.14mg (8.29%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.79mg (5.27%), Vitamin B3: 0.97mg (4.83%), Selenium: 1.52µg (2.18%), Vitamin E: 0.28mg (1.86%)