



HEALTH SCORE

64%

5:2 Diet - Potato and Beetroot Salad with Mozzarella = 300 calories



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 baby beets in vinegar
- ☐ 2 tbsp balsamic vinegar
- ☐ 0.5 courgette grated
- ☐ 1 handful optional: dill fresh chopped
- ☐ 1 ball mozzarella cheese light
- ☐ 3 tbsp olive oil
- ☐ 4 servings grinding of pepper black good

- ☐ 20 baby plum tomatoes
- ☐ 500 g charlotte potatoes cooked halved

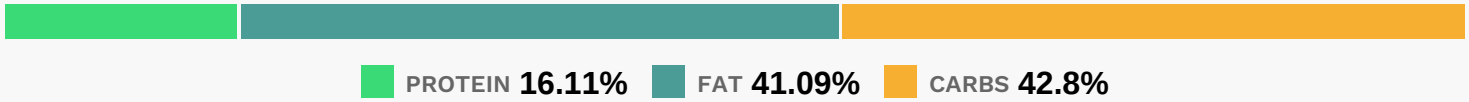
Equipment

- ☐ food processor
- ☐ whisk

Directions

- ☐ Before assembling your salad, pat the beetroot dry on kitchen paper, or your salad with turn pink. Divide the potatoes, mozzarella, tomatoes, courgette and beetroot between 4 plates, then make your dressing.
- ☐ To make your dressing, simply whizz up the oil, vinegar and herbs together and season with black pepper. You can also do this with a fork or whisk, but I have a mini food processor that is perfect for these small jobs.
- ☐ Dress the salad and serve. You may season with salt if you think it needs it.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:81.19, Glycemic Load:29.13, Inflammation Score:-10, Nutrition Score:34.85956535132%

Flavonoids

Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 514.08kcal (25.7%), Fat: 24.29g (37.37%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 56.94g (18.98%), Net Carbohydrates: 44.45g (16.16%), Sugar: 25.38g (28.2%), Cholesterol: 44.63mg (14.88%), Sodium: 541.34mg (23.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.87%), Vitamin C: 81.74mg (99.08%), Folate:

300.18µg (75.04%), Manganese: 1.31mg (65.29%), Vitamin A: 3103.23IU (62.06%), Potassium: 2046.32mg (58.47%), Fiber: 12.49g (49.94%), Phosphorus: 438.81mg (43.88%), Vitamin B6: 0.82mg (40.78%), Calcium: 371.27mg (37.13%), Vitamin K: 36.11µg (34.39%), Magnesium: 126.98mg (31.74%), Copper: 0.49mg (24.73%), Vitamin E: 3.42mg (22.79%), Zinc: 3.35mg (22.3%), Iron: 3.93mg (21.85%), Vitamin B12: 1.29µg (21.47%), Vitamin B2: 0.36mg (21.46%), Vitamin B1: 0.31mg (20.43%), Vitamin B3: 4.02mg (20.09%), Selenium: 11.47µg (16.38%), Vitamin B5: 1.1mg (10.96%), Vitamin D: 0.23µg (1.51%)