



Artichoke, Red Pepper & Goats Cheese Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 artichoke hearts drained sliced in oil
- ☐ 1 avocado ripe sliced
- ☐ 1 piece cm wide of goat's cheese crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tsp olive oil
- ☐ 0.5 bell pepper red cut into strips
- ☐ 1 onion red halved quartered
- ☐ 60 g salad leaves mixed (I used watercress, rocket and baby spinach)

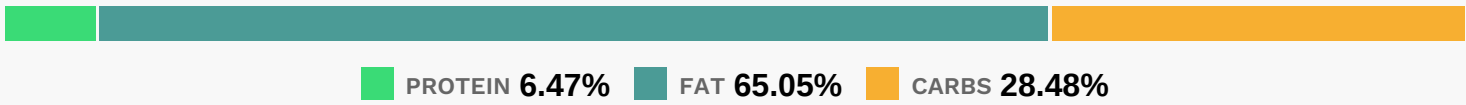
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 220c/200c fan/gas mark 7.
- ☐ In a bowl toss the red pepper and red onion in the olive oil, then spread out on an ovenproof tray and roast for approximately 20 minutes until soft and browning at the edges.
- ☐ Toss the sliced avocado in lemon juice to prevent it from discolouring.
- ☐ Layer up your salad. Divide the salad leaves onto two plates, then top with the red pepper, onion, artichoke, avocado. Finish off with the crumbled goats cheese and your favourite dressing.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:2.38, Inflammation Score:-10, Nutrition Score:23.439565245143%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg

Nutrients (% of daily need)

Calories: 220.53kcal (11.03%), Fat: 17.41g (26.78%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 8.16g (2.97%), Sugar: 4.57g (5.08%), Cholesterol: 0.23mg (0.08%), Sodium: 39.78mg (1.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin K: 169.05µg (161%), Vitamin A: 3898.02IU (77.96%), Vitamin C: 63.53mg (77.01%), Folate: 165.3µg (41.32%), Fiber: 8.99g (35.96%), Manganese: 0.52mg (25.87%), Vitamin B6: 0.47mg (23.7%), Vitamin E: 3.51mg (23.38%), Potassium: 805.78mg (23.02%), Vitamin B5: 1.59mg (15.91%), Magnesium: 62.44mg (15.61%), Vitamin B2: 0.23mg (13.56%), Copper: 0.26mg (13.07%), Vitamin B3: 2.33mg (11.65%), Phosphorus: 92.53mg (9.25%), Iron: 1.64mg (9.1%), Vitamin B1: 0.13mg (8.95%), Zinc: 0.98mg (6.52%), Calcium: 57.67mg (5.77%), Selenium: 1.03µg (1.47%)