



Autumn chestnut salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices top cut into small cubes
- ☐ 3 tbsp olive oil
- ☐ 70 g pack lamb's lettuce
- ☐ 175 g chestnut cooked
- ☐ 200 g beetroot diced cooked peeled (not in vinegar)
- ☐ 4 slices serrano ham halved
- ☐ 1 eating apple
- ☐ 1 small onion red thinly sliced

- ☐ 2 tbsp red wine vinegar
- ☐ 2 tsp dijon mustard
- ☐ 4 tbsp walnut oil

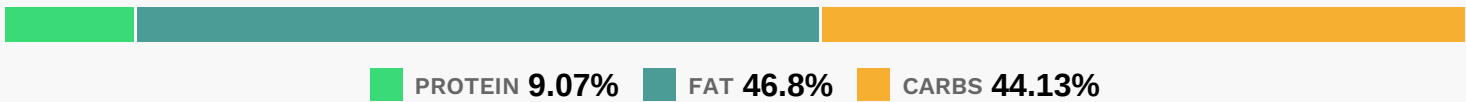
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Toss the bread with the olive oil in a small roasting tin. Season with salt and pepper, spread out over a single layer, then bake for 12–15 mins until the bread is browned and crisp. Tip onto a plate lined with kitchen paper, then leave to cool.
- ☐ For the dressing, mix the onion with the vinegar in a small bowl, then leave for 10 mins.
- ☐ Combine the mustard and oil, season with salt and pepper, then whisk until slightly thickened. Stir into the onions, then set aside.
- ☐ Tip the lettuce into a large bowl.
- ☐ Add the chestnuts to the bowl with the beetroot.
- ☐ Heat a non-stick pan, add the ham, then fry quickly on each side until crisp. Just before serving, thinly slice the apple, then add to the bowl with the croutons.
- ☐ Add the dressing, then toss everything together until glistening. Pile onto 4 or 6 plates and set 2 pieces of ham on top of each.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:34.04, Inflammation Score:-8, Nutrition Score:16.040434733681%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 522.09kcal (26.1%), Fat: 27.65g (42.54%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 58.65g (19.55%), Net Carbohydrates: 54.52g (19.83%), Sugar: 11.53g (12.81%), Cholesterol: 7.5mg (2.5%), Sodium: 634.36mg (27.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Vitamin C: 30.9mg (37.45%), Folate: 148.13µg (37.03%), Manganese: 0.69mg (34.55%), Vitamin B1: 0.46mg (30.46%), Vitamin A: 1295.87IU (25.92%), Selenium: 15.22µg (21.75%), Iron: 3.48mg (19.34%), Potassium: 606.33mg (17.32%), Copper: 0.34mg (17.12%), Vitamin B6: 0.34mg (17%), Fiber: 4.12g (16.49%), Vitamin B2: 0.27mg (15.77%), Vitamin B3: 3.12mg (15.61%), Magnesium: 48.78mg (12.2%), Vitamin E: 1.78mg (11.89%), Phosphorus: 112.58mg (11.26%), Vitamin K: 9.95µg (9.47%), Zinc: 1.08mg (7.17%), Calcium: 59.1mg (5.91%), Vitamin B5: 0.52mg (5.22%)