



Beet and Sardine Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

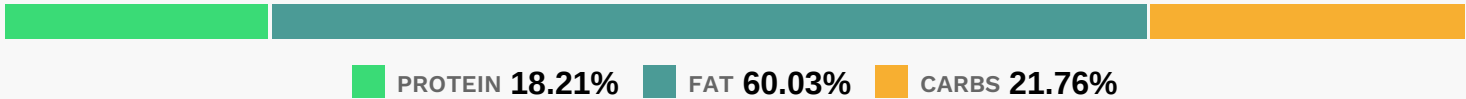
- ☐ 3.8 oz sardines drained in oil canned
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon horseradish drained (not)
- ☐ 16 oz pickled beets drained sliced
- ☐ 0.5 cup cream sour
- ☐ 1 tablespoon vegetable oil

Equipment

Directions

- ☐ Stir together sour cream, horseradish, dill, and salt to taste.
- ☐ Cut beets into 1/2-inch cubes and toss with oil and salt to taste.
- ☐ Serve sardines on top of beets with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:6.9826087018718%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 119.53kcal (5.98%), Fat: 8.13g (12.51%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 5.18g (1.89%), Sugar: 5.02g (5.58%), Cholesterol: 36.47mg (12.16%), Sodium: 217.58mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin B12: 1.62µg (27.07%), Selenium: 10.49µg (14.99%), Manganese: 0.24mg (12.15%), Phosphorus: 115.1mg (11.51%), Iron: 1.93mg (10.7%), Calcium: 100.06mg (10.01%), Folate: 25.71µg (6.43%), Vitamin B2: 0.1mg (6.1%), Potassium: 213.32mg (6.09%), Fiber: 1.45g (5.78%), Vitamin D: 0.85µg (5.67%), Magnesium: 22.43mg (5.61%), Vitamin B3: 1.08mg (5.38%), Vitamin K: 5.1µg (4.86%), Vitamin C: 3.71mg (4.49%), Vitamin E: 0.64mg (4.28%), Vitamin B6: 0.08mg (4.13%), Copper: 0.08mg (4.13%), Vitamin A: 167.03IU (3.34%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.3mg (2.99%), Vitamin B1: 0.03mg (1.72%)