



Beetroot & apple salad pots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g beets diced cooked
- ☐ 2 apples diced
- ☐ 2 celery stalks finely sliced
- ☐ 50 g walnuts roughly chopped
- ☐ 1 handful parsley chopped
- ☐ 3 tbsp walnut oil
- ☐ 1 tbsp red wine vinegar

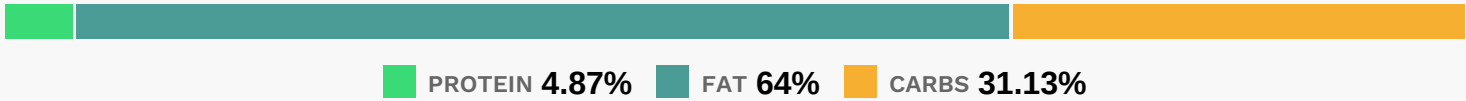
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the beetroot, apples, celery, walnuts and parsley in a bowl.
- ☐ Whisk together the walnut oil, vinegar and some seasoning, pour over the beetroot salad and mix well. Divide between small glasses or teacups and chill until ready to serve. Can be made up to 3 hrs ahead.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:4.14, Inflammation Score:-4, Nutrition Score:5.4630434824073%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 164.97kcal (8.25%), Fat: 12.41g (19.1%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 10.36g (3.77%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 34.91mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Manganese: 0.45mg (22.32%), Folate: 56.9µg (14.22%), Vitamin K: 13.99µg (13.32%), Fiber: 3.22g (12.9%), Copper: 0.18mg (9.09%), Vitamin C: 5.88mg (7.13%), Potassium: 245.21mg (7.01%), Magnesium: 26.36mg (6.59%), Phosphorus: 53.08mg (5.31%), Vitamin B6: 0.1mg (4.96%), Iron: 0.7mg (3.91%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.44mg (2.91%), Vitamin B2: 0.05mg (2.73%), Vitamin A: 110.32IU (2.21%), Calcium: 20.08mg (2.01%), Vitamin B5: 0.16mg (1.55%), Vitamin B3: 0.3mg (1.5%), Vitamin E: 0.22mg (1.47%), Selenium: 0.71µg (1.01%)