



Beetroot, bacon & spring onions

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 900 g beets cooked peeled
- ☐ 1 bunch spring onion sliced
- ☐ 100 g bacon diced
- ☐ 1 tsp olive oil
- ☐ 200 ml crème fraîche
- ☐ 2 tbsp horseradish freshly grated
- ☐ 0.5 juice of lemon

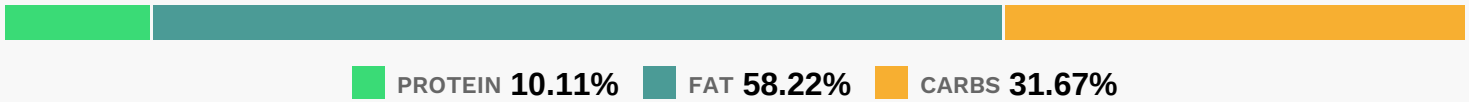
Equipment

☐ bowl

Directions

- ☐ Cut the beetroot into quarters and toss in a serving bowl with the spring onions. Fry the pancetta or bacon in a little oil until just golden.
- ☐ Remove from the heat and immediately tip over the beetroot. At this point the dish can either be served or chilled. If making ahead, remove 1 hr or so ahead of time.
- ☐ To serve, mix the crme frache with the freshly grated horseradish, lemon juice and seasoning. Taste and adjust to be as fiery as you like. Spoon a little of the dressing over the beetroot and serve the rest on the side.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:6.69, Inflammation Score:-6, Nutrition Score:9.8521738959395%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 209.02kcal (10.45%), Fat: 13.95g (21.47%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 12.61g (4.58%), Sugar: 11.8g (13.11%), Cholesterol: 30.12mg (10.04%), Sodium: 259.06mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Folate: 171.35µg (42.84%), Manganese: 0.51mg (25.59%), Fiber: 4.48g (17.91%), Potassium: 586.93mg (16.77%), Vitamin C: 10.61mg (12.86%), Phosphorus: 111.86mg (11.19%), Magnesium: 42.04mg (10.51%), Vitamin K: 9.58µg (9.13%), Vitamin B6: 0.17mg (8.27%), Selenium: 5.77µg (8.24%), Vitamin B2: 0.13mg (7.81%), Iron: 1.38mg (7.65%), Vitamin B1: 0.1mg (6.81%), Copper: 0.13mg (6.6%), Calcium: 63.4mg (6.34%), Vitamin B3: 1.24mg (6.22%), Vitamin A: 297.68IU (5.95%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.44mg (4.45%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.15µg (2.52%)