



Beetroot, bean & feta salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 175 g broad bean frozen
- ☐ 4 tbsp olive oil
- ☐ 1 shallots finely chopped
- ☐ 1 garlic clove sliced
- ☐ 2 sprigs rosemary fresh roughly chopped
- ☐ 8 small beetroot cooked quartered
- ☐ 140 g salad leaf mixed
- ☐ 4 tbsp red wine vinegar

☐ 150 g blocks feta cheese cut into cubes

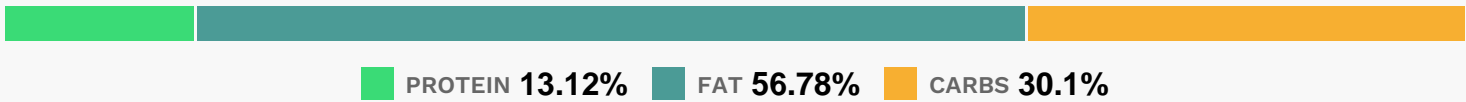
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the broad beans according to packet instructions, then drain and refresh them in cold water. If youve got the time, peel the skins off the beans with your fingers this is a fiddly job, but its worth the effort because the skins can be quite tough.
- ☐ Heat 2 tablespoons of the olive oil in a frying pan.
- ☐ Add the chopped shallot and sliced garlic and fry for a minute or two over a medium heat until pale golden. Stir in the chopped rosemary, then tip in the beetroot quarters and stir gently for 3-4 minutes, so the flavours mingle in the heat.
- ☐ Remove from the heat and leave to cool.
- ☐ Lift out the beetroot quarters and put them into a bowl together with the salad leaves. Stir the vinegar and the remaining olive oil into the pan juices, then pour over the beetroot and salad leaves. Toss gently to mix through. Finally, just before serving, toss in the broad beans and cubes of feta cheese and taste for seasoning.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:10.82, Inflammation Score:-7, Nutrition Score:17.462173938751%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 349.87kcal (17.49%), Fat: 22.53g (34.66%), Saturated Fat: 7g (43.72%), Carbohydrates: 26.87g (8.96%),
Net Carbohydrates: 20.08g (7.3%), Sugar: 11.44g (12.71%), Cholesterol: 33.38mg (11.13%), Sodium: 558.15mg
(24.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Folate: 236.15µg (59.04%),
Manganese: 0.78mg (38.89%), Fiber: 6.79g (27.14%), Phosphorus: 260.83mg (26.08%), Vitamin B2: 0.44mg
(25.59%), Calcium: 234.04mg (23.4%), Potassium: 718.37mg (20.52%), Vitamin C: 16.42mg (19.9%), Vitamin B6:
0.35mg (17.5%), Magnesium: 66.43mg (16.61%), Zinc: 2.16mg (14.39%), Vitamin E: 2.16mg (14.37%), Iron: 2.56mg
(14.21%), Copper: 0.26mg (13.23%), Vitamin A: 613.69IU (12.27%), Selenium: 8.13µg (11.62%), Vitamin B1: 0.16mg
(10.83%), Vitamin B12: 0.63µg (10.56%), Vitamin K: 10.73µg (10.22%), Vitamin B5: 0.73mg (7.29%), Vitamin B3:
1.39mg (6.97%)