



Beetroot, goat's cheese & anchovy salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 600 g beetroot cooked peeled (vacuum packs are easiest to use)
- ☐ 4 tbsp redcurrant jelly
- ☐ 3 tbsp red wine vinegar
- ☐ 85 g watercress
- ☐ 250 g crumbly british goat's cheese (such as Ragstone from cheese shops, or Capricorn from supermarkets)
- ☐ 12 small marinated anchovies white
- ☐ 2 tbsp olive oil
- ☐ 6 lemon wedges

☐ 6 servings soda bread

Equipment

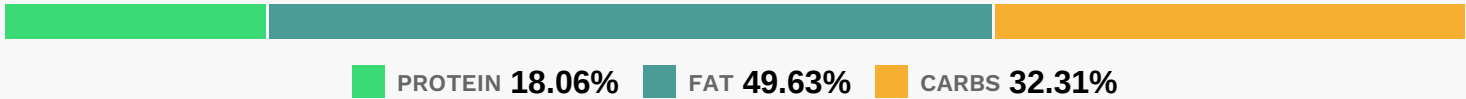
☐ bowl

☐ sauce pan

Directions

- ☐ The day before, cut each beetroot into quarters, tip into a saucepan and spoon in the redcurrant jelly and vinegar. Bring to the boil over a high heat and simmer for about 10 minutes until the beetroot is well coated.
- ☐ Transfer to a bowl and leave to cool, then cover and keep in the fridge.
- ☐ About an hour before serving, remove the beetroot and sauce from the fridge and let it come to room temperature.
- ☐ To serve, spoon the beetroot and sauce on to 6 serving plates. Top with a little pile of watercress, crumble over the goats cheese and top with the anchovies. Season with salt and ground black pepper and drizzle over the oil. Put a lemon wedge on each plate for squeezing, and serve with soda bread on the side.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:9.63, Inflammation Score:-7, Nutrition Score:13.071739233058%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 249.99kcal (12.5%), Fat: 14.08g (21.67%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 17.11g (6.22%), Sugar: 14.08g (15.64%), Cholesterol: 23.97mg (7.99%), Sodium: 524.38mg

(22.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.06%), Vitamin K: 39.18µg (37.32%), Folate: 119.44µg (29.86%), Vitamin C: 21.74mg (26.35%), Copper: 0.43mg (21.43%), Manganese: 0.43mg (21.25%), Vitamin A: 923.44IU (18.47%), Phosphorus: 175.1mg (17.51%), Vitamin B2: 0.25mg (14.68%), Fiber: 3.52g (14.09%), Potassium: 451.28mg (12.89%), Iron: 2.11mg (11.74%), Calcium: 110.93mg (11.09%), Vitamin B6: 0.22mg (10.9%), Magnesium: 38.19mg (9.55%), Vitamin B3: 1.69mg (8.43%), Selenium: 5.25µg (7.51%), Vitamin E: 1.02mg (6.78%), Zinc: 0.91mg (6.05%), Vitamin B1: 0.09mg (5.78%), Vitamin B5: 0.57mg (5.71%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.17µg (1.11%)