



Beetroot, goat's cheese & tarragon salad



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 medium beetroot raw canned (a couple of different varieties, if you can get them)
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 2 tbsp balsamic vinegar
- ☐ 5 tbsp olive oil
- ☐ 250 g goat's cheese fresh soft
- ☐ 1 handful tarragon leaves fresh
- ☐ 1 small bunch watercress

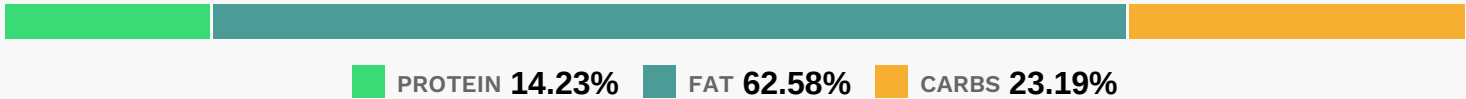
Equipment

- ☐ frying pan
- ☐ skewers

Directions

- ☐ Wash the beetroot and put them in a pan of salted water with the white wine vinegar. Boil for 30–40 minutes or until tender – when pricked with a skewer there should be no resistance.
- ☐ Drain and leave to cool slightly, then peel – wear a pair of washing up gloves to stop your hands from turning pink.
- ☐ Cut each beetroot in half and then into wedges and arrange on a large platter.
- ☐ Drizzle the warm beetroot with half the balsamic vinegar and half the olive oil and season with salt and pepper. 3 Just before serving, break the goats cheese into pieces over the beetroot and sprinkle on the tarragon, watercress and remaining vinegar and oil.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:7.87, Inflammation Score:-7, Nutrition Score:12.938260845516%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 292.82kcal (14.64%), Fat: 20.76g (31.93%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 12.52g (4.55%), Sugar: 12.67g (14.08%), Cholesterol: 19.17mg (6.39%), Sodium: 289.6mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.23%), Folate: 191.13µg (47.78%), Manganese: 0.63mg (31.68%), Copper: 0.44mg (21.94%), Fiber: 4.79g (19.17%), Phosphorus: 179.1mg (17.91%), Vitamin K: 18.53µg (17.65%), Potassium: 590.14mg (16.86%), Vitamin B2: 0.23mg (13.74%), Iron: 2.34mg (13%), Vitamin A: 626.47IU (12.53%), Vitamin E: 1.86mg (12.43%), Vitamin C: 10.23mg (12.4%), Magnesium: 48.06mg (12.01%), Vitamin B6: 0.23mg (11.37%), Calcium: 94.29mg (9.43%), Zinc: 1mg (6.63%), Vitamin B1: 0.09mg (5.74%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 0.77mg (3.85%), Selenium: 2.4µg (3.43%), Vitamin B12: 0.08µg (1.32%), Vitamin D: 0.17µg (1.11%)