



Beetroot & squash salad with horseradish cream



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 kg beets raw
- ☐ 6 onion red
- ☐ 12 servings butternut squash peeled deseeded
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tbsp brown sugar soft
- ☐ 50 ml olive oil
- ☐ 175 ml cream

- ☐ 3 tbsp horseradish
- ☐ 1 juice of lemon
- ☐ 85 g watercress

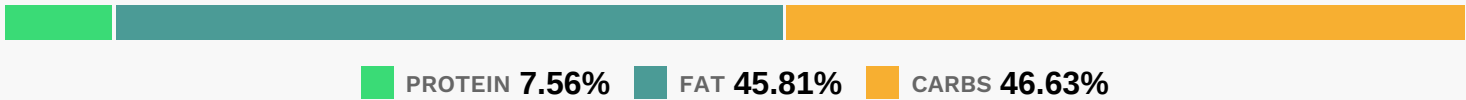
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Peel the beetroot and cut each into 8 wedges.
- ☐ Cut the onions and butternut squash into roughly the same size.
- ☐ Spread out in a large roasting tin.
- ☐ Mix the vinegar and sugar until dissolved, then whisk in the oil.
- ☐ Pour over the vegetables, toss and roast for 40–45 mins until charred and soft, stirring halfway through cooking.
- ☐ To make the horseradish cream, mix together the soured cream, horseradish, lemon juice and some seasoning.
- ☐ To serve, put the roasted veg in a large bowl or on a platter, followed by the watercress, then drizzle over the horseradish cream.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:7.6547825751097%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.41mg, Quercetin: 13.41mg, Quercetin: 13.41mg, Quercetin: 13.41mg

Nutrients (% of daily need)

Calories: 127.38kcal (6.37%), Fat: 6.79g (10.45%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 12.1g (4.4%), Sugar: 9.82g (10.91%), Cholesterol: 8.36mg (2.79%), Sodium: 90.87mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Folate: 105.69µg (26.42%), Vitamin K: 20.66µg (19.67%), Manganese: 0.37mg (18.64%), Vitamin C: 13.45mg (16.3%), Fiber: 3.45g (13.82%), Potassium: 409.89mg (11.71%), Vitamin A: 449.48IU (8.99%), Magnesium: 29.26mg (7.32%), Vitamin B6: 0.14mg (7.13%), Phosphorus: 66.24mg (6.62%), Calcium: 52.55mg (5.25%), Vitamin E: 0.74mg (4.9%), Iron: 0.87mg (4.84%), Vitamin B2: 0.08mg (4.82%), Copper: 0.1mg (4.8%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.28mg (2.78%), Selenium: 1.57µg (2.24%), Vitamin B3: 0.4mg (2%)