



HEALTH SCORE

81%

Butter bean, grilled courgette, roast red pepper & chorizo salad



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil extra virgin extra-virgin for brushing
- ☐ 100 g chorizo diced
- ☐ 1 tsp sherry vinegar
- ☐ 1 bell pepper red halved deseeded
- ☐ 100 g peas fresh
- ☐ 100 g avarakkai / broad beans
- ☐ 2 zucchini sliced

- ☐ 400 g butter beans rinsed drained canned
- ☐ 0.5 juice of lemon

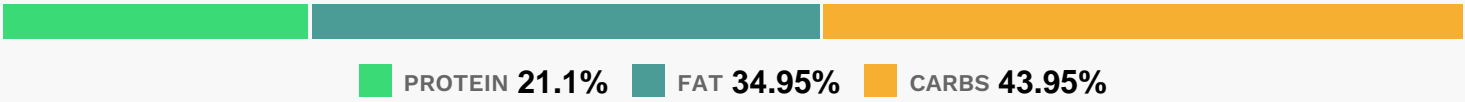
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Heat grill to high.
- ☐ Heat the olive oil in a frying pan over a medium heat.
- ☐ Add the chorizo and cook for 7–9 mins, until it is cooked through and has released its oil. Take chorizo out of the pan with a slotted spoon and set aside. Reduce heat, whisk in vinegar, then remove pan from heat.
- ☐ Put the pepper on a baking sheet, cut-side down then grill for 3–4 mins, or until the skin blisters and starts to turn black.
- ☐ Put the pepper in a bowl and cover with cling film. Once it is cool, peel off the skin, remove the seeds and then tear the pepper into strips.
- ☐ Cook peas and broad beans in boiling salted water for 1–2 mins, then tip into a big bowl of ice cold water to keep their bright green colour.
- ☐ Drain and set aside.
- ☐ Heat a griddle pan until hot.
- ☐ Brush the courgettes with a little bit of olive oil, then cook on both sides for 1–2 mins until just tender but not soft.
- ☐ Add the butter beans and rest of the ingredients to the pan with the dressing.
- ☐ Add the lemon juice and seasoning and gently toss everything together.

Nutrition Facts



Properties

Glycemic Index:106.67, Glycemic Load:14.71, Inflammation Score:-10, Nutrition Score:33.65652179718%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg 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: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 509.15kcal (25.46%), Fat: 20.17g (31.03%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 38.67g (14.06%), Sugar: 11.33g (12.59%), Cholesterol: 31.25mg (10.42%), Sodium: 695.97mg (30.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.79%), Vitamin C: 134.31mg (162.8%), Manganese: 1.56mg (77.86%), Fiber: 18.38g (73.53%), Folate: 260.41µg (65.1%), Vitamin A: 2823.96IU (56.48%), Vitamin B6: 0.8mg (39.93%), Magnesium: 158.97mg (39.74%), Iron: 7.11mg (39.49%), Potassium: 1341.88mg (38.34%), Phosphorus: 355.25mg (35.53%), Copper: 0.69mg (34.65%), Vitamin K: 29.41µg (28.01%), Vitamin B1: 0.41mg (27.58%), Vitamin B2: 0.41mg (24.38%), Zinc: 3.21mg (21.37%), Vitamin B3: 3.4mg (16.98%), Selenium: 11.66µg (16.66%), Vitamin E: 2.27mg (15.13%), Vitamin B5: 1.25mg (12.47%), Calcium: 108.69mg (10.87%)