



WHATSheATE

Dinner Tonight: Crunchy Raw Beetroot Salad with Feta and Pear



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 beets peeled cut into matchsticks
- ☐ 7 ounces feta cheese
- ☐ 3.5 tablespoons juice of lemon fresh
- ☐ 1 Handful mint leaves fresh
- ☐ 7 tablespoons olive oil
- ☐ 3 pears cored peeled cut into matchsticks
- ☐ 4 servings salt and pepper

☐ 1 Handful sunflower seeds

Equipment

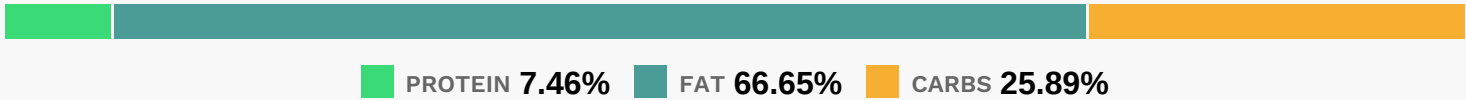
☐ bowl

☐ whisk

Directions

- ☐ Pour the lemon juice into a small bowl and slowly whisk in the oil.
- ☐ Toss together the beets and pears in a large bowl.
- ☐ Pour the lemon dressing on top and mix until thoroughly coated. Season with salt and pepper to taste.
- ☐ Add the mint, sunflower seeds, and crumble on the feta.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:10.01, Inflammation Score:-5, Nutrition Score:14.833913134492%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 464.45kcal (23.22%), Fat: 35.66g (54.87%), Saturated Fat: 10.05g (62.81%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 24.59g (8.94%), Sugar: 18.9g (21%), Cholesterol: 44.15mg (14.72%), Sodium: 825.61mg (35.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Folate: 118.93µg (29.73%), Vitamin B2: 0.49mg (28.93%), Calcium: 273.5mg (27.35%), Fiber: 6.58g (26.3%), Vitamin E: 3.92mg (26.12%), Phosphorus: 219.44mg (21.94%), Vitamin K: 21.68µg (20.65%), Vitamin C: 15.16mg (18.37%), Manganese: 0.37mg (18.32%), Vitamin B6: 0.31mg (15.73%), Vitamin B12: 0.84µg (13.97%), Potassium: 473.23mg (13.52%), Zinc: 1.88mg (12.53%), Selenium: 8.3µg (11.85%), Magnesium: 40.04mg (10.01%), Copper: 0.2mg (9.84%), Vitamin B1: 0.13mg (8.37%), Iron: 1.43mg (7.96%), Vitamin B5: 0.7mg (6.96%), Vitamin A: 313.19IU (6.26%), Vitamin B3: 1.03mg (5.15%), Vitamin D: 0.2µg (1.32%)