



## Dinner Tonight: Ensalada Rusa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 ounces beets peeled chopped
- ☐ 2 medium carrots peeled chopped
- ☐ 0.8 cup mayonnaise
- ☐ 1 cup peas frozen
- ☐ 6 ounces potatoes - remove skin red peeled chopped
- ☐ 4 the of 1 cos lettuce
- ☐ 4 servings salt and pepper
- ☐ 4 ounces green beans chopped

☐ 6 ounces turnip peeled chopped

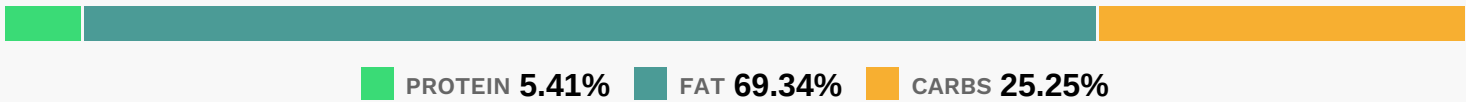
Equipment

- ☐ bowl
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Fill large pot with steamer basket halfway up with water. Turn heat to high and bring to a boil. All the vegetables need to be cook separately until tender. Potatoes will take about seven minutes. Turnips and carrots will take about five minutes. String beans will take four minutes. Frozen peas take one minute. Lastly, the beets take about eight minutes. When each is done, transfer to a large bowl, expect for the beats. Set those aside in a different bowl. You may need to add more water to pot during this process.
- ☐ Let everything cool for five minutes. Then toss potato, turnip, carrots, string beans, and peas together. Fold in mayonnaise. Season with salt and pepper to taste.
- ☐ Place one romaine leaf on four different plates. Divide potato mixture between plates.
- ☐ Sprinkle beets on top of each plate.

Nutrition Facts



Properties

Glycemic Index:81.04, Glycemic Load:6.93, Inflammation Score:-10, Nutrition Score:22.049565330796%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 407.07kcal (20.35%), Fat: 31.98g (49.2%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 18.84g (6.85%), Sugar: 11g (12.22%), Cholesterol: 17.64mg (5.88%), Sodium: 567.66mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Vitamin A: 8056.04IU (161.12%), Vitamin K:

123.76µg (117.86%), Vitamin C: 36.24mg (43.93%), Folate: 154.73µg (38.68%), Manganese: 0.6mg (30.19%), Fiber: 7.35g (29.4%), Potassium: 782.45mg (22.36%), Vitamin B6: 0.32mg (15.8%), Vitamin B1: 0.23mg (15.55%), Phosphorus: 137.92mg (13.79%), Magnesium: 54.13mg (13.53%), Copper: 0.25mg (12.72%), Vitamin E: 1.82mg (12.12%), Iron: 2.17mg (12.05%), Vitamin B3: 2.2mg (11.01%), Vitamin B2: 0.17mg (10.02%), Zinc: 1.17mg (7.81%), Calcium: 68.42mg (6.84%), Vitamin B5: 0.59mg (5.88%), Selenium: 2.84µg (4.06%)