



## Fennel, broad bean & blue cheese salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 140 g avarakkai / broad beans shelled
- ☐ 1 large fennel bulb trimmed thinly sliced
- ☐ 50 g arugula
- ☐ 200 g baby spinach
- ☐ 140 g roquefort cheese
- ☐ 1 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 0.5 tsp dijon mustard

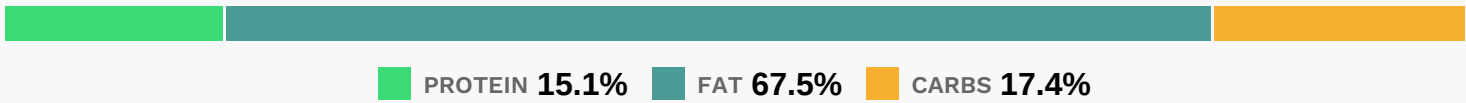
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Bring a small pan of water to the boil and cook the broad beans for just 2 mins.
- ☐ Drain and refresh under cold water. Pop the bright green beans out of their skins and place in a large bowl.
- ☐ Add the fennel slices and toss well with the broad beans, rocket leaves and baby spinach.
- ☐ Whisk together the dressing ingredients with ground black pepper, and salt if you want.
- ☐ Toss a little of the dressing into the salad ingredients. Spoon onto four plates and crumble a little of the Roquefort over each. Just before serving, drizzle over a little more dressing.

# Nutrition Facts



# Properties

Glycemic Index:56.5, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:24.390434617582%

# Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg 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: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 7.55mg, Kaempferol: 7.55mg, Kaempferol: 7.55mg, Kaempferol: 7.55mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

# Nutrients (% of daily need)

Calories: 326.2kcal (16.31%), Fat: 25.3g (38.92%), Saturated Fat: 8.8g (54.98%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 9.62g (3.5%), Sugar: 3.6g (4%), Cholesterol: 31.5mg (10.5%), Sodium: 715.42mg (31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Vitamin K: 301.32µg (286.97%), Vitamin A: 5436.11IU

(108.72%), Folate: 180.01µg (45%), Manganese: 0.76mg (38.09%), Calcium: 343.45mg (34.34%), Vitamin C: 25.95mg (31.46%), Phosphorus: 242.48mg (24.25%), Vitamin E: 3.44mg (22.96%), Vitamin B2: 0.36mg (21.28%), Magnesium: 81.62mg (20.4%), Fiber: 5.05g (20.21%), Potassium: 701.77mg (20.05%), Iron: 2.78mg (15.44%), Copper: 0.22mg (10.87%), Vitamin B6: 0.21mg (10.33%), Selenium: 7.15µg (10.22%), Zinc: 1.53mg (10.2%), Vitamin B5: 0.9mg (8.95%), Vitamin B1: 0.1mg (6.75%), Vitamin B3: 1.29mg (6.45%), Vitamin B12: 0.22µg (3.73%)