



Feta & beetroot salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g baby spinach
- ☐ 500 g beets cooked
- ☐ 400 g feta cheese crumbled
- ☐ 1 bunch mint leaves roughly chopped
- ☐ 1 bunch spring onion finely sliced
- ☐ 2 pepper flakes red halved deseeded finely sliced
- ☐ 5 tbsp canola oil
- ☐ 5 tbsp honey

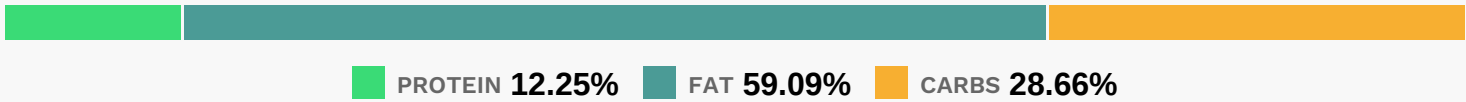
- ☐ 5 tbsp juice of lemon
- ☐ 1 tbsp dijon mustard

Equipment

Directions

- ☐ Scatter the spinach leaves onto a large platter. Slice the beetroot into wedges and arrange on top of the spinach. Scatter over the feta, mint, spring onions and chillies.
- ☐ To make the dressing, put the oil, honey, lemon juice and mustard in a glass jar with a lid. Season and shake well. When ready to serve, pour the dressing over the salad and toss lightly to combine.

Nutrition Facts



Properties

Glycemic Index:28.43, Glycemic Load:7.52, Inflammation Score:-9, Nutrition Score:17.53999995667%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 233.11kcal (11.66%), Fat: 15.88g (24.43%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 15.16g (5.51%), Sugar: 12.83g (14.25%), Cholesterol: 35.6mg (11.87%), Sodium: 529.11mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Vitamin K: 108.66µg (103.49%), Vitamin A: 2188.81IU (43.78%), Vitamin C: 24.54mg (29.75%), Folate: 111.98µg (27.99%), Vitamin B2: 0.41mg (24.25%), Calcium: 230.99mg (23.1%), Manganese: 0.4mg (19.8%), Phosphorus: 172.29mg (17.23%), Vitamin B6: 0.3mg (14.83%), Vitamin E: 1.81mg (12.1%), Vitamin B12: 0.68µg (11.27%), Selenium: 7.21µg (10.3%), Potassium: 352.21mg (10.06%), Zinc: 1.51mg (10.04%), Magnesium: 39.15mg (9.79%), Fiber: 2.18g (8.71%), Iron: 1.42mg (7.91%), Vitamin B1: 0.11mg (7.03%), Vitamin B5: 0.52mg (5.2%), Copper: 0.1mg (4.87%), Vitamin B3: 0.87mg (4.34%), Vitamin D: 0.16µg (1.07%)