



Fig, Beetroot & Feta Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 baby beets halved (pickled)
- ☐ 1 serving pepper black freshly ground
- ☐ 1 cm of feta
- ☐ 2 figs fresh quartered
- ☐ 0.5 tsp honey
- ☐ 1 tsp juice of lemon
- ☐ 6 mangetout
- ☐ 3 tsp olive oil

- ☐ 3 slices onion thin
- ☐ 1 handful rocket salad generous
- ☐ 0.5 tsp wholegrain mustard

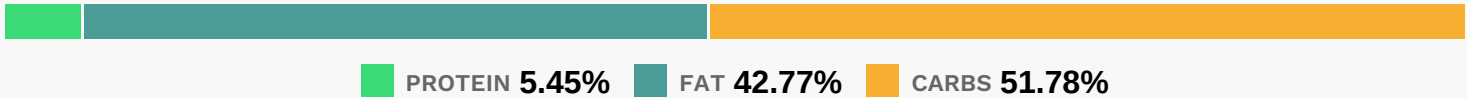
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Pop the mangetout in a small bowl and add a splash of water. Cover the bowl with clingfilm, prick the film with a fork and microwave for 1 minute. Refresh in cold water and pat dry.
- ☐ Start layering your salad in your lunch box. First pop in the salad leaves.
- ☐ Sprinkle on the onion rings. Throw in the mangetout. Next add the beetroot and figs, then crumble the feta cheese on top of the salad.
- ☐ Make a little of your favourite dressing and pop in a little dish to take with you.
- ☐ Add the dressing at the last moment, so the leaves don't go soggy.
- ☐ Enjoy during your lunch break. Prepare for envious looks!Pop all in the ingredients in a small bowl and whisk. Have a taste and adjust until it is just how you like it. A little bit more honey or lemon juice, it is up to you.

Nutrition Facts



Properties

Glycemic Index:327.27, Glycemic Load:17.8, Inflammation Score:-8, Nutrition Score:14.333478245965%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg

0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg,
Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg,
Isorhamnetin: 2.96mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.76mg, Quercetin:
15.76mg, Quercetin: 15.76mg, Quercetin: 15.76mg

Nutrients (% of daily need)

Calories: 286.72kcal (14.34%), Fat: 14.51g (22.32%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 39.53g (13.18%),
Net Carbohydrates: 31.84g (11.58%), Sugar: 30.08g (33.42%), Cholesterol: 0.89mg (0.3%), Sodium: 143.64mg
(6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Folate: 171.55µg (42.89%), Vitamin K:
36.76µg (35.01%), Manganese: 0.69mg (34.63%), Fiber: 7.69g (30.76%), Vitamin C: 19.7mg (23.88%), Potassium:
791.67mg (22.62%), Magnesium: 62.26mg (15.57%), Vitamin E: 2.24mg (14.93%), Vitamin A: 730.09IU (14.6%),
Vitamin B6: 0.28mg (13.97%), Iron: 2.01mg (11.16%), Calcium: 106.51mg (10.65%), Copper: 0.2mg (10.21%),
Phosphorus: 95.73mg (9.57%), Vitamin B1: 0.14mg (9.52%), Vitamin B2: 0.14mg (8.52%), Vitamin B5: 0.7mg (7.02%),
Zinc: 0.82mg (5.46%), Vitamin B3: 0.99mg (4.95%), Selenium: 2.41µg (3.44%)