



Green Charlotte Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 100 g baby broad beans
- ☐ 0.5 courgette grated
- ☐ 100 g feta cheese
- ☐ 1 clove garlic crushed
- ☐ 1 handful a herbs fresh generous (I used dill, chives, mint and basil)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 50 ml olive oil
- ☐ 100 g peas frozen

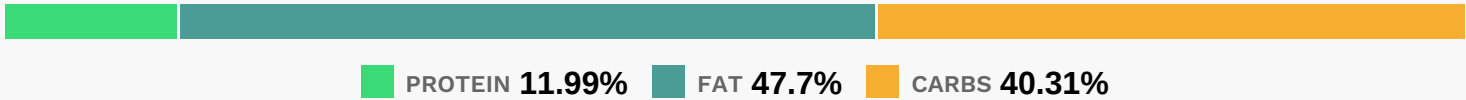
- ☐ 4 servings grinding of pepper black good
- ☐ 500 g charlotte potatoes halved lengthwise

Equipment

Directions

- ☐ Boil the potatoes for 12 minutes until tender.
- ☐ Boil or steam the baby broad beans and peas for a couple of minutes.
- ☐ Refresh the peas and beans under cold water, then pop all the broad beans out of their skins. It will take you a few minutes to do this, but they are much nicer without skins.
- ☐ Whizz the herbs, garlic, olive oil and lemon juice together and season with black pepper.
- ☐ Layer the salad ingredients on plates to serve and drizzle with the herby dressing.
- ☐ Enjoy.

Nutrition Facts



Properties

Glycemic Index:80.52, Glycemic Load:19.45, Inflammation Score:-6, Nutrition Score:16.630434821481%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 317.85kcal (15.89%), Fat: 17.2g (26.46%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 26.86g (9.77%), Sugar: 3.57g (3.97%), Cholesterol: 22.25mg (7.42%), Sodium: 297.93mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Vitamin C: 42.1mg (51.03%), Vitamin K: 34.25µg (32.62%), Vitamin B6: 0.59mg (29.36%), Manganese: 0.48mg (23.84%), Fiber: 5.86g (23.42%), Phosphorus: 225.25mg (22.52%), Potassium: 747.55mg (21.36%), Folate: 78.44µg (19.61%), Vitamin B2: 0.33mg (19.52%), Vitamin B1: 0.24mg (16.24%), Calcium: 160.94mg (16.09%), Magnesium: 57.99mg (14.5%), Copper: 0.27mg (13.52%), Vitamin

B3: 2.4mg (11.99%), Vitamin E: 1.78mg (11.88%), Iron: 2.12mg (11.79%), Zinc: 1.75mg (11.64%), Vitamin A: 437.08IU (8.74%), Selenium: 5.39µg (7.7%), Vitamin B5: 0.74mg (7.42%), Vitamin B12: 0.42µg (7.04%)