



Griddled halloumi with beetroot & orange

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g beets cooked cut into wedges
- ☐ 3 medium cranberry-orange relish
- ☐ 4 tsp citrus champagne vinegar
- ☐ 500 g halloumi cheese drained
- ☐ 100 g watercress

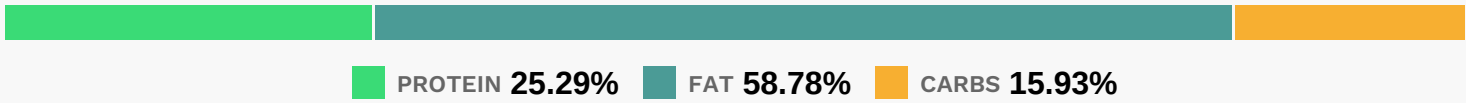
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large griddle pan or frying pan over a high heat. In a large bowl, combine the beetroot, orange segments and juice and white wine vinegar. Season, then gently mix together.
- ☐ Carefully slice each block of halloumi into 4 pieces, then season on both sides with black pepper. Griddle or fry the halloumi for 1–2 mins on each side until golden and crisp, and the cheese is beginning to melt.
- ☐ Add the watercress to the beetroot and orange salad, then toss together. Divide the salad between plates, then top each with slices of hot cheese.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:6.69, Inflammation Score:-8, Nutrition Score:16.841738996298%

Flavonoids

Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 470.5kcal (23.53%), Fat: 31g (47.69%), Saturated Fat: 21.29g (133.05%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 14.55g (5.29%), Sugar: 14.09g (15.65%), Cholesterol: 0mg (0%), Sodium: 1559.4mg (67.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.01%), Calcium: 1329.6mg (132.96%), Vitamin C: 66.11mg (80.13%), Vitamin K: 62.63µg (59.64%), Folate: 99.85µg (24.96%), Vitamin A: 1039.44IU (20.79%), Fiber: 4.36g (17.43%), Manganese: 0.29mg (14.67%), Potassium: 465.41mg (13.3%), Vitamin B1: 0.13mg (8.49%), Magnesium: 29.65mg (7.41%), Vitamin B6: 0.13mg (6.65%), Vitamin B2: 0.09mg (5.55%), Copper: 0.11mg (5.54%), Phosphorus: 54.15mg (5.42%), Vitamin B5: 0.42mg (4.2%), Iron: 0.67mg (3.73%), Vitamin E: 0.45mg (3.01%), Vitamin B3: 0.54mg (2.68%), Zinc: 0.32mg (2.11%), Selenium: 1.15µg (1.65%)