



Hearts of Palm Salad with Beets and Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups peas mixed packed ()
- ☐ 3 ounces cheese blue crumbled
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 spring onion chopped
- ☐ 7 ounce hearts of palm drained cut into 1/2-inch-thick rounds canned
- ☐ 8 pickled beets canned halved
- ☐ 0.5 large bell pepper red halved lengthwise thinly sliced

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0.5 cup balsamic vinaigrette ()

Equipment

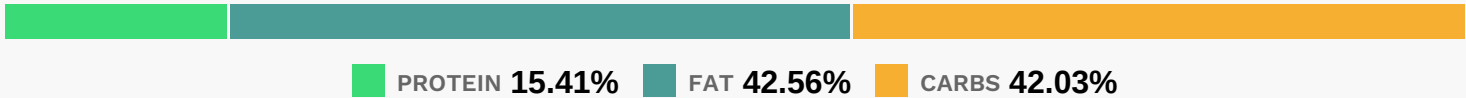
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bowl

Directions

- ☐ Combine all ingredients except dressing in large bowl; toss to blend.
- ☐ Add 1/2 cup dressing (or more); toss again to coat.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:4.05, Inflammation Score:-8, Nutrition Score:18.660869648923%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 248.2kcal (12.41%), Fat: 11.81g (18.17%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 19.65g (7.14%), Sugar: 13.24g (14.71%), Cholesterol: 10.63mg (3.54%), Sodium: 355.98mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Vitamin C: 65.27mg (79.11%), Vitamin K: 33.96µg (32.34%), Vitamin A: 1459.68IU (29.19%), Potassium: 965.47mg (27.58%), Fiber: 6.59g (26.38%), Vitamin B6: 0.52mg (25.87%), Manganese: 0.45mg (22.46%), Folate: 88.32µg (22.08%), Phosphorus: 217.77mg (21.78%), Copper: 0.41mg (20.69%), Vitamin B1: 0.3mg (19.76%), Zinc: 2.9mg (19.31%), Vitamin B2: 0.26mg (15.42%), Vitamin B3: 2.75mg (13.76%), Iron: 2.34mg (12.97%), Calcium: 113.7mg (11.37%), Magnesium: 43.37mg (10.84%), Selenium: 4.2µg (5.99%), Vitamin E: 0.7mg (4.69%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.17µg (2.88%)