



Herby feta & nectarine salad with lemon poppy seed dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g green bean trimmed
- ☐ 3 nectarines ripe halved chopped
- ☐ 1 cucumber with a teaspoon, thickly sliced on the diagonal halved
- ☐ 1 onion red thinly sliced
- ☐ 1 small bunch mint leaves leaves picked
- ☐ 1 small bunch optional: dill roughly chopped
- ☐ 1 small bunch coriander roughly chopped

- ☐ 200 g pack feta cheese (we used barrel-aged from Waitrose)
- ☐ 1 juice of lemon
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tbsp sugar
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp poppy seed

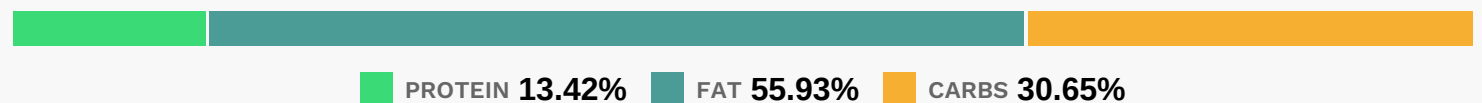
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ First, make the dressing.
- ☐ Combine the lemon juice, vinegar, sugar and oil with some seasoning. Lightly toast the poppy seeds in a small frying pan.
- ☐ Bring a saucepan of water to the boil.
- ☐ Add the beans and cook for 2–3 mins until just tender but still with a bit of crunch.
- ☐ Drain and cool under cold running water, then drain again and pat dry with kitchen paper.
- ☐ Just before serving, tip the beans, nectarine chunks, cucumber, onion and herbs onto a big salad platter or bowl. Finely crumble over the feta.
- ☐ Add the poppy seeds to the dressing and give it a good shake or whisk.
- ☐ Pour over the salad and toss everything together.

Nutrition Facts



Properties

Glycemic Index:70.02, Glycemic Load:7.87, Inflammation Score:-8, Nutrition Score:16.866956384286%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 19.27g (29.65%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 19.23g (6.99%), Sugar: 15.5g (17.22%), Cholesterol: 44.5mg (14.83%), Sodium: 591.94mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Vitamin K: 40.45µg (38.53%), Calcium: 320.65mg (32.07%), Vitamin B2: 0.54mg (31.73%), Phosphorus: 260.81mg (26.08%), Vitamin A: 1161.31IU (23.23%), Manganese: 0.44mg (22.17%), Vitamin C: 17.64mg (21.38%), Vitamin B6: 0.39mg (19.7%), Fiber: 4.53g (18.13%), Folate: 60.67µg (15.17%), Zinc: 2.16mg (14.4%), Vitamin B1: 0.21mg (14.2%), Vitamin B12: 0.85µg (14.08%), Vitamin E: 2.08mg (13.87%), Magnesium: 53.03mg (13.26%), Potassium: 461.25mg (13.18%), Copper: 0.25mg (12.38%), Selenium: 8.35µg (11.93%), Vitamin B3: 2.18mg (10.92%), Vitamin B5: 1.04mg (10.4%), Iron: 1.76mg (9.8%), Vitamin D: 0.2µg (1.33%)