

Hot beetroot salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 beets raw peeled cut into matchsticks



1 juice of lemon



1 tbsp honey



1 tbsp coarse mustard

Equipment

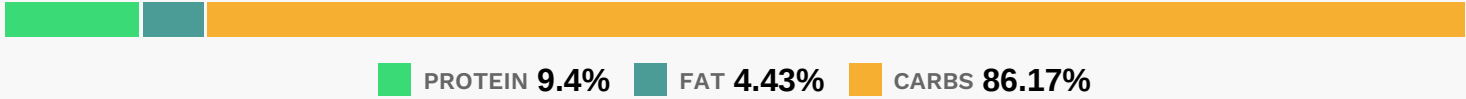


frying pan

Directions

- ☐ In a large non-stick frying pan, fry the beetroot for 2 mins.
- ☐ Add the lemon juice and cook for 1 min more.
- ☐ Drizzle in the honey and mustard and stir to coat the beetroot.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.07, Glycemic Load:4.93, Inflammation Score:-2, Nutrition Score:3.35999999618271%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 46.34kcal (2.32%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 9.01g (3.27%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 89.5mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Folate: 68.9µg (17.23%), Manganese: 0.22mg (11.15%), Fiber: 1.92g (7.66%), Vitamin C: 5.96mg (7.22%), Potassium: 215.96mg (6.17%), Magnesium: 16.5mg (4.13%), Iron: 0.58mg (3.22%), Phosphorus: 29.46mg (2.95%), Copper: 0.05mg (2.6%), Selenium: 1.75µg (2.51%), Vitamin B6: 0.05mg (2.43%), Vitamin B1: 0.03mg (1.86%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.25mg (1.7%), Calcium: 12.97mg (1.3%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.24mg (1.2%)