



WHATSHEATE



HEALTH SCORE

55%

Indian bean, broccoli & carrot salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g green beans trimmed
- ☐ 1 head broccoli cut into florets
- ☐ 2 tsp vegetable oil
- ☐ 2 tsp mustard seeds shopping list black
- ☐ 0.5 tsp pepper dried
- ☐ 100 g pea-mond dressing fresh frozen (or use)
- ☐ 3 large carrots grated
- ☐ 1 large bunch cilantro leaves roughly chopped

- ☐ 3 tbsp sunflower seeds
- ☐ 200 ml yogurt
- ☐ 0.5 cucumber grated peeled
- ☐ 1 piece ginger grated
- ☐ 0.5 tsp ground cumin
- ☐ 1 juice of lime
- ☐ 1 tbsp mint leaves chopped

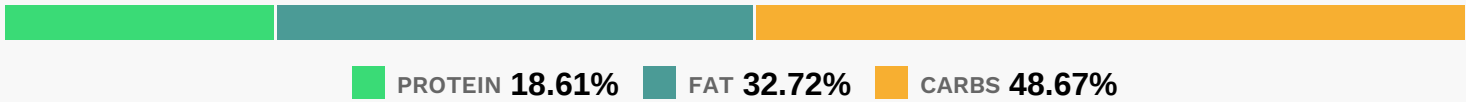
Equipment

- ☐ frying pan

Directions

- ☐ Cook the green beans in a large pan of boiling salted water for 4–5 mins, adding the broccoli after the first 2 mins. Once all the vegetables are tender, drain well. Meanwhile, mix all the raita ingredients together, then set aside.
- ☐ Heat the oil in a large frying pan and toast the mustard seeds and chilli flakes for a few mins until fragrant.
- ☐ Add the peas, green beans and broccoli, tossing until heated through. Turn off the heat and stir in the carrots and coriander.
- ☐ Serve the salad warm (or cold for a working lunch) with a dollop of raita, sprinkled with sunflower seeds and some pitta bread, if you like.

Nutrition Facts



Properties

Glycemic Index:67.96, Glycemic Load:7.13, Inflammation Score:-10, Nutrition Score:33.2269565787%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.41mg,

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 12.33mg, Kaempferol: 12.33mg, Kaempferol: 12.33mg, Kaempferol: 12.33mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 232.71kcal (11.64%), Fat: 9.3g (14.31%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 21.05g (7.66%), Sugar: 11.4g (12.66%), Cholesterol: 6.73mg (2.24%), Sodium: 123.48mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Vitamin A: 10718.52IU (214.37%), Vitamin K: 202.99µg (193.32%), Vitamin C: 151.16mg (183.22%), Folate: 208.9µg (52.22%), Manganese: 0.88mg (44.08%), Fiber: 10.07g (40.29%), Vitamin E: 4.96mg (33.05%), Potassium: 1079.58mg (30.85%), Vitamin B6: 0.61mg (30.48%), Phosphorus: 301.71mg (30.17%), Magnesium: 109.54mg (27.39%), Vitamin B1: 0.4mg (26.48%), Vitamin B2: 0.41mg (24.07%), Calcium: 201.59mg (20.16%), Copper: 0.4mg (19.91%), Iron: 3.42mg (19%), Selenium: 12.19µg (17.41%), Vitamin B5: 1.67mg (16.74%), Vitamin B3: 2.9mg (14.52%), Zinc: 2.08mg (13.86%), Vitamin B12: 0.19µg (3.19%)