



Marinated beetroot with grilled goat's cheese



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 6 tbsp olive oil for greasing
- ☐ 3 tbsp red wine vinegar
- ☐ 1 tsp sugar
- ☐ 1 tsp thyme leaves
- ☐ 4 beets raw with a food processor slicing attachment peeled very thinly sliced
- ☐ 200 g goat cheese with rind, halved horizontally
- ☐ 4 handfuls arugula

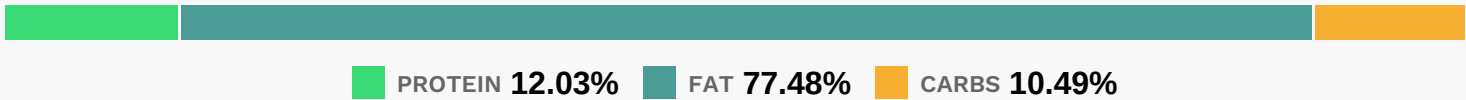
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Mix the oil, vinegar, sugar and thyme in a shallow dish and season well.
- ☐ Add the sliced beetroot and marinate for at least 1 hr or overnight, if you like.
- ☐ Heat grill to high. Season the goats cheese slices, then place on an oiled baking tray and grill for 2–3 mins until golden and melting.
- ☐ Lift out the beetroot, reserving the marinade, and divide between 4 plates. Top with the rocket, a round of goats cheese and a little more rocket.
- ☐ Drizzle with the marinade and serve.

Nutrition Facts



Properties

Glycemic Index:52.77, Glycemic Load:4.42, Inflammation Score:-8, Nutrition Score:11.935217297595%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 364.27kcal (18.21%), Fat: 31.82g (48.95%), Saturated Fat: 10.23g (63.91%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 7.05g (2.56%), Sugar: 7.45g (8.27%), Cholesterol: 23mg (7.67%), Sodium: 254.7mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin K: 35.51µg (33.82%), Folate: 114.87µg (28.72%), Copper: 0.44mg (22.25%), Vitamin E: 3.23mg (21.55%), Vitamin A: 1027.66IU (20.55%), Manganese: 0.39mg (19.63%), Phosphorus: 172.31mg (17.23%), Vitamin B2: 0.24mg (14.18%), Calcium: 116.82mg (11.68%), Iron: 2.1mg (11.67%), Fiber: 2.64g (10.58%), Potassium: 359.11mg (10.26%), Vitamin B6: 0.2mg (9.76%), Magnesium: 37.03mg (9.26%), Vitamin C: 7.39mg (8.96%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.56mg (5.55%), Vitamin B1: 0.07mg (4.62%), Selenium: 2.04µg (2.91%), Vitamin B3: 0.55mg (2.77%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)