



Mustardy beetroot & lentil salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 200 g lentils pre-cooked (or use 2 x 250g packs lentils)
- ☐ 1 tbsp coarse mustard gluten-free (or alternative)
- ☐ 1.5 tbsp olive oil extra virgin
- ☐ 300 g beets cooked sliced (not in vinegar)
- ☐ 1 large handful tarragon roughly chopped

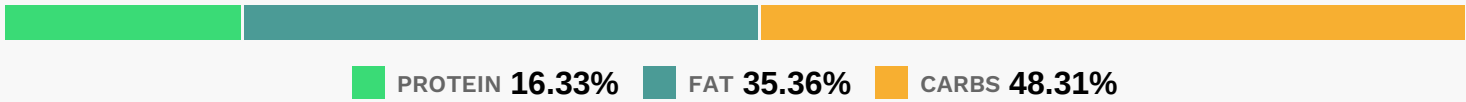
Equipment

- ☐ bowl

Directions

- ☐ If not using pre-cooked lentils, cook the lentils following pack instructions, drain and leave to cool. Meanwhile, combine the mustard, oil and some seasoning to make a dressing.
- ☐ Tip the lentils into a bowl, pour over the dressing and mix well. Stir through the beetroot, tarragon and some seasoning, then serve.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:4.12, Inflammation Score:-4, Nutrition Score:7.28999999488955%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 111.75kcal (5.59%), Fat: 4.57g (7.03%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 9.06g (3.3%), Sugar: 4.82g (5.35%), Cholesterol: 0mg (0%), Sodium: 80.81mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Folate: 138.56µg (34.64%), Manganese: 0.42mg (21.17%), Fiber: 4.98g (19.94%), Iron: 1.95mg (10.82%), Potassium: 353.18mg (10.09%), Phosphorus: 99.87mg (9.99%), Magnesium: 30.33mg (7.58%), Copper: 0.15mg (7.45%), Vitamin B1: 0.09mg (6.16%), Vitamin B6: 0.12mg (5.91%), Zinc: 0.75mg (4.97%), Vitamin E: 0.68mg (4.56%), Vitamin C: 3.65mg (4.43%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.36mg (3.57%), Vitamin B2: 0.06mg (3.4%), Vitamin B3: 0.66mg (3.3%), Vitamin K: 3.37µg (3.21%), Calcium: 21.41mg (2.14%)