



Pearled spelt salad with peas & gooseberries



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 onion finely chopped
- ☐ 0.5 large celery stick finely chopped
- ☐ 1 carrots finely chopped
- ☐ 50 g pearled spelt
- ☐ 0.3 fennel bulb finely sliced
- ☐ 6 pea pods with peas inside
- ☐ 0.5 small bag salad leaves mixed
- ☐ 2 tomatoes sliced into thin wedges- try to get some interesting varieties

- ☐ 3 gooseberry sliced
- ☐ 2 servings rapeseed oil for drizzling

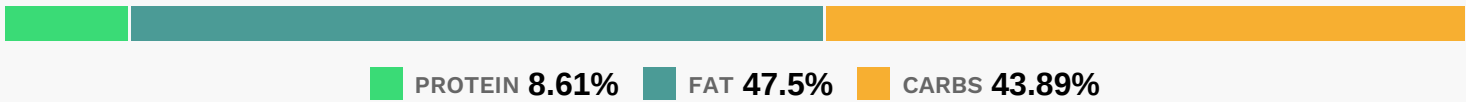
Equipment

- ☐ frying pan

Directions

- ☐ Put the onion, celery and carrot in a pan with 200ml water. Bring to the boil, then simmer for 15 mins.
- ☐ Add the spelt to the pan, cover and continue to simmer for 10 mins.
- ☐ Add the sliced fennel and pea pods, and cook for a further 10 mins. Check that the spelt is cooked it should be soft but slightly al dente.
- ☐ Add a generous pinch of salt to the water, then strain.
- ☐ Put the spelt and poached vegetables in the fridge to cool for 1 hr.
- ☐ To serve, put the salad leaves on a plate, then spoon the spelt and vegetables on top. Dress the plate with the tomatoes, gooseberries, pea pods and fennel fronds. Finally, drizzle with a little rapeseed oil.

Nutrition Facts



Properties

Glycemic Index:134.42, Glycemic Load:13.03, Inflammation Score:-10, Nutrition Score:19.711739083995%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 269.63kcal (13.48%), Fat: 15.05g (23.15%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 24.75g (9%), Sugar: 8.83g (9.82%), Cholesterol: 0mg (0%), Sodium: 53.92mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.27%), Vitamin A: 6530.21IU (130.6%), Manganese: 1.07mg (53.68%), Vitamin K: 44.15µg (42.04%), Vitamin C: 33.11mg (40.14%), Fiber: 6.54g (26.15%), Vitamin E: 3.71mg (24.72%), Potassium: 708.38mg (20.24%), Phosphorus: 176.49mg (17.65%), Magnesium: 63.06mg (15.76%), Vitamin B3: 3.14mg (15.72%), Folate: 60.97µg (15.24%), Vitamin B6: 0.27mg (13.72%), Copper: 0.26mg (13.11%), Vitamin B1: 0.19mg (12.41%), Iron: 2.06mg (11.42%), Zinc: 1.28mg (8.53%), Vitamin B5: 0.63mg (6.25%), Vitamin B2: 0.1mg (6.11%), Calcium: 55.58mg (5.56%), Selenium: 3.45µg (4.92%)