



Pigeon & beetroot salad



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 garlic clove
- ☐ 1 rosemary sprig
- ☐ 4 pigeon breasts
- ☐ 100 g watercress
- ☐ 1 eating apple sliced quartered
- ☐ 4 beetroots cooked (not in vinegar)
- ☐ 100 g hazelnut toasted roughly chopped

- ☐ 1 tbsp balsamic vinegar
- ☐ 3 tbsp olive oil

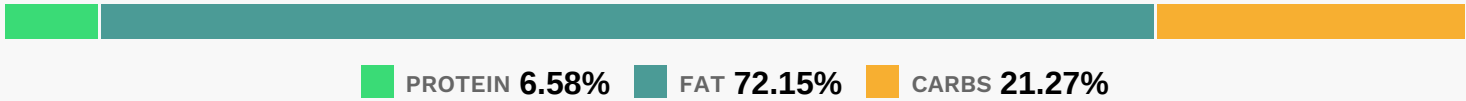
Equipment

- ☐ frying pan

Directions

- ☐ Make the dressing by mixing the balsamic and olive oil together.
- ☐ Heat the oil in a frying pan.
- ☐ Add the garlic and rosemary, then the seasoned pigeon breasts. Cook for 3 mins on each side and remove to a plate.Divide the watercress between 4 plates, arrange the apple and beetroot over, then the sliced pigeon breasts. Scatter with hazelnuts, drizzle with the dressing and serve straight away.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:19.43608734206%

Flavonoids

Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 5.82mg, Kaempferol: 5.82mg, Kaempferol: 5.82mg, Kaempferol: 5.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 348.49kcal (17.42%), Fat: 29.49g (45.38%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 13.6g (4.94%), Sugar: 12.02g (13.35%), Cholesterol: 0.9mg (0.3%), Sodium: 76.56mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Manganese: 1.91mg (95.44%), Vitamin K: 75.66µg

(72.05%), Vitamin E: 6.13mg (40.88%), Folate: 121.38µg (30.35%), Copper: 0.53mg (26.54%), Fiber: 5.96g (23.86%), Vitamin C: 18.74mg (22.71%), Vitamin A: 855.8IU (17.12%), Magnesium: 68.14mg (17.03%), Potassium: 578.15mg (16.52%), Vitamin B1: 0.22mg (14.7%), Vitamin B6: 0.26mg (13.08%), Phosphorus: 129.51mg (12.95%), Iron: 2.09mg (11.59%), Calcium: 77.35mg (7.73%), Zinc: 0.98mg (6.57%), Vitamin B2: 0.11mg (6.25%), Vitamin B5: 0.47mg (4.74%), Vitamin B3: 0.89mg (4.47%), Selenium: 1.66µg (2.37%)