



HEALTH SCORE

56%

Salt beef with beetroot & horseradish relish



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 1.5 g beef salted
- ☐ 1 large onion halved
- ☐ 1 large bunch parsley
- ☐ 6 carrots whole scrubbed
- ☐ 6 small leek
- ☐ 3 large beets grated
- ☐ 3 tbsp horseradish freshly grated
- ☐ 2 tsp brown sugar

☐ 2 tbsp balsamic vinegar

Equipment

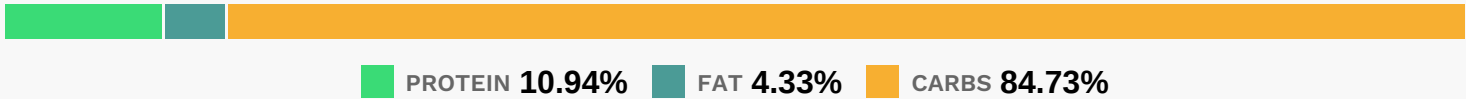
☐ frying pan

☐ pot

Directions

- ☐ Put the beef in a pan that is big enough to fit it and all the vegetables. Cover it with water and bring to the boil, skimming off the froth that comes to the surface. Tip the onion and parsley into the pot and simmer gently for 1 hr, skimming as necessary.
- ☐ Add the carrots and simmer for 30 mins. Finally, add the leeks and simmer for 30 mins longer. The meat is ready when it feels tender when prodded with a fork.
- ☐ While the meat cooks, mix the beetroot and horseradish with the sugar and vinegar until the sugar has dissolved. remove the beef and place it on a board. Scoop out the carrots and leeks into a serving dish. Slice the beef at the table and serve with the vegetables and beetroot relish but warn everyone that a little goes a long way! You can also offer some cooking liquid to drizzle over if anyone wants it.

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:12.62, Inflammation Score:-10, Nutrition Score:24.563478017631%

Flavonoids

Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 164.18kcal (8.21%), Fat: 0.85g (1.3%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 29.12g (10.59%), Sugar: 19.13g (21.25%), Cholesterol: 0.18mg (0.06%), Sodium: 205.48mg (8.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin A: 12520.1IU (250.4%), Vitamin K:

206.16µg (196.34%), Folate: 240.28µg (60.07%), Manganese: 1.03mg (51.37%), Vitamin C: 37.3mg (45.21%), Fiber: 8.1g (32.42%), Potassium: 913.05mg (26.09%), Iron: 3.86mg (21.47%), Vitamin B6: 0.43mg (21.4%), Magnesium: 73.57mg (18.39%), Copper: 0.27mg (13.33%), Phosphorus: 123.44mg (12.34%), Calcium: 119.83mg (11.98%), Vitamin B1: 0.16mg (10.41%), Vitamin E: 1.35mg (9.03%), Vitamin B3: 1.6mg (8.02%), Vitamin B2: 0.13mg (7.92%), Zinc: 0.95mg (6.34%), Vitamin B5: 0.58mg (5.8%), Selenium: 2.3µg (3.28%)