



Tangy beetroot & bean salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 250 g beetroot
- ☐ 5 tbsp olive oil extra-virgin
- ☐ 1 orange zest
- ☐ 1 kg soya beans frozen
- ☐ 3 thyme sprigs
- ☐ 1.5 tbsp sherry vinegar
- ☐ 1 small shallots finely chopped

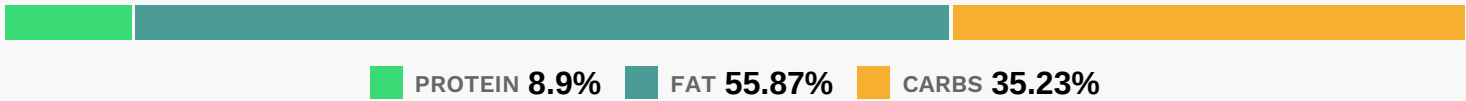
Equipment

- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Wearing kitchen gloves, peel and trim the beets and cut into 2cm wedges.
- ☐ Place them on a large sheet of tin foil, then toss with 1 tbsp oil, half the orange zest and seasoning. Cook for 45 mins–1 hr until they can be easily pierced with a fork. Leave to cool.
- ☐ Cook soya beans for 3 mins in boiling water until softened.
- ☐ Drain, cool under the cold tap, then drain again. Strip leaves from the thyme and whisk with the vinegar, remaining olive oil and shallot. When youre ready to serve, toss everything together and scatter over the remaining zest.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:4.9226087007834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 93.6kcal (4.68%), Fat: 6.04g (9.3%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.53g (2.38%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 21.82mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Folate: 107.16µg (26.79%), Vitamin C: 20.46mg (24.8%), Fiber: 2.04g (8.16%), Potassium: 253.26mg (7.24%), Magnesium: 28.42mg (7.11%), Iron: 1.2mg (6.67%), Vitamin E: 0.85mg (5.68%), Calcium: 44.4mg (4.44%), Phosphorus: 41.87mg (4.19%), Manganese: 0.08mg (3.99%), Copper: 0.08mg (3.91%), Vitamin K: 3.57µg (3.4%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.02mg (1.19%)