

**VINAIGRETTE SALAD** 5 portions**INGREDIENTS**

- 300 grams of beetroot, raw
- 200 grams of carrot, raw
- 200 grams of potato, boiled without skin, flesh
- 100 grams of peas, green, boiled, drained
- 200 grams of pickles, cucumber, sour
- 3 tablespoons of oil, olive (33 g)
- 30 grams of lemon juice, fresh
- 1 level teaspoon of mustard seeds (12 g)

COOKING METHOD

- 1° 1. Boil all veggies in slightly salted water, then ready let them cool. Peel the skin and cut into small cubes.
2. Cut pickles into small cubes and add them to your vegetables. 3. Add lemon, olive oil and mustard.
Salt and season as desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (215 g)	% DRI
ENERGY	71 kcal	153 kcal	8 %
FAT	4 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	257 mg	553 mg	23 %
CARBOHYDRATE	10 g	21 g	7 %
SUGARS	4 g	8 g	–
FIBER	2 g	3 g	13 %
PROTEIN	2 g	4 g	–