

POTATO, BEETROOT AND EGG SALAD



Potato, Beetroot and Egg Salad in collaboration with



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK

7 REGULAR ✓

6 SOFT & BITE-SIZED ✓
*Serve salad in bite sized pieces no bigger than 1.5cm x 1.5cm

5 MINCED & MOIST ✓
*Mash salad until soft and moist with no separate thin liquid, lumps must be no bigger than 4mm

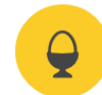
4 PUREED *Blend to a smooth consistency upon completion. ✓

3 LIQUIDISED

291Kcal

Per Serving

CONTAINS



EGGS

MAY CONTAIN



MUSTARD



MILK

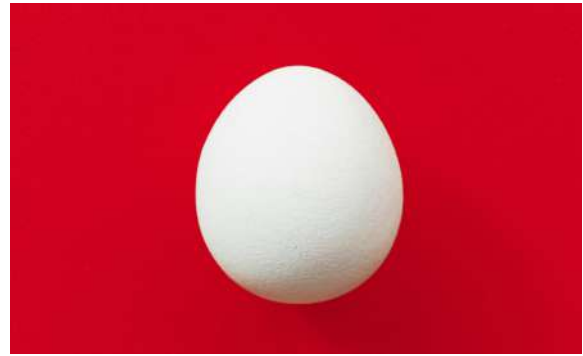
This recipe serves 1

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (203g)
Energy	598kJ/144kcal	1214kJ/291kcal
Fat	8.9g	18g
of which saturates	1.2g	2.4g
of which monounsaturates	4.8g	9.8g
of which polyunsaturates	2.1g	4.3g
Carbohydrate	10g	21g
of which sugars	2g	4.2g
of which polyols	g	g
of which starch	8.4g	17g
Protein	4.8g	9.8g
Salt	0.24g	0.48g
Potassium	304mg (15%)	616mg
Vitamin D	0.79ug (16%)	1.6ug
Vitamin E	2.3mg (19%)	4.7mg
Folates (B ₉) Total	36.1ug (18%)	73.3ug
Vitamin B ₁₂	0.52ug (21%)	1.1ug

POTATO, BEETROOT AND EGG SALAD

This salad provides protein and healthy fats for satiety, potassium and folate for heart health health, antioxidants from beetroot and energy-sustaining carbohydrates from potatoes.



INGREDIENTS

■ 1 hard boiled egg ■ Mayonnaise or dressing ■ 1/2 boiled beetroot ■ 2 cloves garlic	■ 4oz (100g) hot/cold boiled potatoes cut into chunks
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METHOD

- 1 Finely chop the hard boiled egg and beetroot.
- 2 Toss the all the ingredients together with the dressing or mayonnaise.

- 3 Serve as is, or mash or puree to desired IDDSI level consistency.

*This salad **does not** contain any leaves