

Vegan Swedish Beetroot Salad

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-beets-recipe>

Ingredients:

- 1 kilogram beetroots boiled, cut into small cubes
- 2 tablespoons juice beetroot
- 1 cup vegan sour cream / Vegan Mayo or a mix of both, Vegan Sour Cream / Vegan Mayo
- 1 tablespoon mustard old-fashioned
- 1/2 teaspoon onion powder
- 1 tablespoon fresh ginger freshly grated, optional but recommended
- sea salt unchecked?, to taste
- black pepper unchecked?, freshly ground, to taste
- fresh parsley unchecked?, for garnish, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 32 grams
3. Fat: 12 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 10 grams
7. Sodium: 490 milligrams
8. Sugar: 22 grams

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