



## Apple, Beet and Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 apples cored peeled thinly sliced
- 0.8 cup apple cider
- 0.5 avocado pitted peeled sliced
- 3 medium beets
- 0.3 teaspoon celery seed
- 0.7 cup cider vinegar
- 0.5 teaspoon ground pepper black
- 4 cups salad greens mixed

- 1 teaspoon mustard prepared
- 1 onion sliced into thin rings
- 0.5 teaspoon salt
- 0.5 cup vegetable oil
- 0.5 cup walnuts toasted chopped

## Equipment

- oven
- whisk
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Wash beets, and place in a baking dish with 1/4 cup water. Cover and bake for 1 hour or until tender.
- Remove from oven and set aside to cool.
- Whisk together the apple cider, vinegar, oil, salt, pepper, mustard and celery seed.
- Peel and slice the beets, combine with the vinaigrette and refrigerate at least half an hour.
- Divide the greens among four salad plates.
- Drain beets, and reserve dressing. Decoratively arrange overlapping layers of beet, onion, apple, and avocado on the greens.
- Drizzle with reserved dressing.
- Sprinkle on the nuts, and serve at once.

## Nutrition Facts



**PROTEIN 7.21%** **FAT 53.18%** **CARBS 39.61%**

## Properties

Glycemic Index:81.94, Glycemic Load:10.32, Inflammation Score:-8, Nutrition Score:15.933043376259%

## Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

## Nutrients (% of daily need)

Calories: 310.51kcal (15.53%), Fat: 19.17g (29.49%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 24.11g (8.77%), Sugar: 19.5g (21.67%), Cholesterol: 0mg (0%), Sodium: 421.9mg (18.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Manganese: 1.24mg (62.19%), Folate: 195.19µg (48.8%), Fiber: 8.01g (32.05%), Vitamin C: 22.78mg (27.62%), Potassium: 839.14mg (23.98%), Copper: 0.43mg (21.68%), Magnesium: 74.93mg (18.73%), Vitamin K: 17.49µg (16.65%), Vitamin B6: 0.32mg (16.14%), Phosphorus: 151.96mg (15.2%), Iron: 2.18mg (12.14%), Vitamin A: 563.97IU (11.28%), Vitamin B1: 0.15mg (10.06%), Vitamin B2: 0.15mg (9.06%), Zinc: 1.25mg (8.35%), Vitamin E: 1.22mg (8.13%), Vitamin B5: 0.77mg (7.68%), Vitamin B3: 1.37mg (6.83%), Calcium: 62.61mg (6.26%), Selenium: 2.54µg (3.63%)