



## Asparagus, Roasted Beets, and Goat Cheese Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 60 small spears asparagus
- ☐ 1 tablespoon chives fresh chopped
- ☐ 11 ounce log goat cheese
- ☐ 3 pounds golden beets
- ☐ 1 cup olive oil
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 6 servings garnishes: cracked pepper

- ☐ 3 pounds beets red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt divided

## Equipment



- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

## Directions

- ☐ Bake beets in a single layer on a lightly greased baking sheet at 425 for 40 to 45 minutes or until tender, stirring every 15 minutes; cool completely.
- ☐ Whisk together 1 cup olive oil, red wine vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl; set vinaigrette aside.
- ☐ Peel beets; cut into wedges. Toss together red beets, 1/4 cup vinaigrette, 1/8 teaspoon salt, and 1/8 teaspoon pepper; set aside. In a separate bowl, toss together golden beets, 1/4 cup vinaigrette, remaining 1/8 teaspoon salt, and remaining 1/8 teaspoon pepper; set aside.
- ☐ Cut top 3 inches from asparagus, cook in boiling water to cover 1 to 2 minutes or until crisp-tender. Plunge into ice water to stop the cooking process; drain.
- ☐ Combine asparagus and 1/2 cup vinaigrette; set aside.
- ☐ Cut goat cheese into 6 equal slices.
- ☐ Place 1 cheese slice in a 3-inch round cutter or ring mold; sprinkle with 1/2 teaspoon chives. Press chives into cheese; remove cutter.
- ☐ Transfer cheese to a serving plate. Repeat procedure with remaining cheese and chives.
- ☐ Arrange asparagus spears evenly on top of cheese rounds. Top with beets and drizzle with remaining vinaigrette.
- ☐ Sprinkle cracked pepper and olive oil around rim of plate, if desired.
- ☐ \*Note: Small red beets may be substituted for golden.

## Nutrition Facts



 PROTEIN **17.71%**  FAT **38.75%**  CARBS **43.54%**

Properties

Glycemic Index:44.83, Glycemic Load:20.34, Inflammation Score:-9, Nutrition Score:33.0399999961853%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 6.87mg, Isorhamnetin: 6.87mg, Isorhamnetin: 6.87mg, Isorhamnetin: 6.87mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 17.39mg, Quercetin: 17.39mg, Quercetin: 17.39mg, Quercetin: 17.39mg

Nutrients (% of daily need)

Calories: 423.25kcal (21.16%), Fat: 19.08g (29.36%), Saturated Fat: 8.74g (54.65%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 32.95g (11.98%), Sugar: 33.39g (37.1%), Cholesterol: 23.91mg (7.97%), Sodium: 742.53mg (32.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Folate: 563.62µg (140.91%), Manganese: 1.78mg (88.82%), Fiber: 15.3g (61.2%), Vitamin K: 57.6µg (54.86%), Potassium: 1740.4mg (49.73%), Copper: 0.95mg (47.66%), Iron: 7.32mg (40.67%), Phosphorus: 378.66mg (37.87%), Vitamin C: 29.3mg (35.52%), Magnesium: 130.64mg (32.66%), Vitamin A: 1617IU (32.34%), Vitamin B2: 0.55mg (32.31%), Vitamin B6: 0.54mg (27.23%), Vitamin B1: 0.35mg (23.28%), Zinc: 2.72mg (18.16%), Vitamin E: 2.67mg (17.81%), Calcium: 176.77mg (17.68%), Vitamin B3: 2.92mg (14.59%), Vitamin B5: 1.39mg (13.91%), Selenium: 7.41µg (10.58%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.21µg (1.39%)