



## Autumn Beet Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



78 kcal

SIDE DISH

### Ingredients

- 16 oz beets whole drained cut into 1-inch pieces canned
- 1 small bulb fennel coarsely chopped
- 1 medium apples i use 2 granny smith apples chopped
- 0.5 cup seasons dressing mix italian good prepared
- 1 cup planters walnut pieces toasted

### Equipment

- bowl

## Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing; mix lightly. Cover.
- Refrigerate several hours or until chilled.
- Serve on lettuce-covered plates.

## Nutrition Facts

 **PROTEIN 6.25%**  **FAT 43.89%**  **CARBS 49.86%**

## Properties

Glycemic Index:4.85, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:2.8026087024938%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 77.8kcal (3.89%), Fat: 3.87g (5.96%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 8.74g (3.18%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 483.69mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Manganese: 0.28mg (13.76%), Vitamin K: 7.77µg (7.4%), Copper: 0.13mg (6.48%), Fiber: 1.15g (4.62%), Folate: 15.29µg (3.82%), Magnesium: 15.09mg (3.77%), Potassium: 110.06mg (3.14%), Phosphorus: 30.95mg (3.09%), Vitamin C: 2.42mg (2.93%), Vitamin B6: 0.05mg (2.6%), Iron: 0.36mg (2%), Zinc: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.66%), Vitamin B2: 0.03mg (1.52%), Calcium: 14.51mg (1.45%), Vitamin B3: 0.21mg (1.03%)