



Baby Beet Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients

- 2 pounds baby beets red yellow trimmed
- 6 servings pepper black freshly ground
- 1 cup mint leaves fresh for garnish
- 3 tablespoons olive oil
- 2 tablespoons red-wine vinegar
- 1 pinch salt

Equipment

- bowl

- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Scrub the beets well. Wrap groups of 2 or 3 beets together in little packets of aluminum foil.
- Place the packets on a baking sheet and bake at 350 degrees until very tender, about 1 hour. When the beets are cool enough to handle, slip off and discard the skins (using rubber gloves). Halve beets lengthwise and place in a bowl.
- Whisk together the oil, vinegar, salt and pepper; toss with the beets.
- Sprinkle with the mint leaves.

Nutrition Facts



PROTEIN 7.82% **FAT 47.3%** **CARBS 44.88%**

Properties

Glycemic Index:16, Glycemic Load:6.55, Inflammation Score:-6, Nutrition Score:8.7726086956522%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 133.35kcal (6.67%), Fat: 7.33g (11.28%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 10.79g (3.92%), Sugar: 10.22g (11.36%), Cholesterol: 0mg (0%), Sodium: 127.28mg (5.53%), Protein: 2.73g (5.46%), Folate: 173.37µg (43.34%), Manganese: 0.6mg (30.04%), Fiber: 4.86g (19.44%), Potassium: 537.42mg (15.35%), Vitamin C: 9.82mg (11.9%), Magnesium: 41.15mg (10.29%), Iron: 1.66mg (9.23%), Vitamin A: 369.04IU (7.38%), Vitamin E: 1.07mg (7.13%), Copper: 0.14mg (7%), Phosphorus: 66.51mg (6.65%), Vitamin B6: 0.11mg (5.56%), Vitamin B2: 0.08mg (4.74%), Vitamin K: 4.68µg (4.46%), Calcium: 43.23mg (4.32%), Zinc: 0.62mg (4.1%), Vitamin B1: 0.05mg (3.54%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.26mg (2.61%), Selenium: 1.06µg (1.52%)