



WHATSheATE



HEALTH SCORE

100%

Baby Greens with Roasted Beets and Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

Ingredients



10 cups peas



3 oz baby spinach



0.3 cup bay leaves coarsely chopped



2 medium the salad with greens; 14 oz without greens), stems trimmed to 2 inches



0.1 teaspoon pepper black



0.3 teaspoon dijon mustard



0.3 cup optional: dill fresh



0.3 cup tarragon fresh

- ☐ 1 lb baby potatoes scrubbed well (1 inch in diameter) ()
- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 1.5 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Whisk together vinegar, mustard, salt, and pepper.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.
- ☐ Wrap beets individually in foil and roast on a baking sheet in upper third of oven until tender, 1 to 1 1/4 hours. Once beets have roasted for 30 minutes, toss potatoes with oil and salt in a small baking pan and roast in lower third of oven, shaking pan occasionally, until potatoes are tender, 25 to 30 minutes. Carefully unwrap beets and cool slightly, then slip off and discard skins.
- ☐ Cut beets into 1/3-inch dice and put in a large salad bowl.
- ☐ Cut potatoes into 1/3-inch-thick slices and add to beets along with all greens and herbs.
- ☐ Add vinaigrette and toss gently to coat.
- ☐ Sprinkle blossoms on top and serve immediately.
- ☐ *Available at farmers' markets and specialty produce markets.

Nutrition Facts



 **PROTEIN 20.03%**  **FAT 8.32%**  **CARBS 71.65%**

Properties

Glycemic Index:38.64, Glycemic Load:14.95, Inflammation Score:-10, Nutrition Score:33.441739455513%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 236.05kcal (11.8%), Fat: 2.32g (3.58%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 30.41g (11.06%), Sugar: 10.77g (11.96%), Cholesterol: 0mg (0%), Sodium: 64mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Vitamin C: 94.04mg (113.99%), Manganese: 1.93mg (96.54%), Vitamin K: 97.73µg (93.08%), Vitamin A: 3237.8IU (64.76%), Fiber: 14.62g (58.47%), Iron: 8.47mg (47.07%), Folate: 174.12µg (43.53%), Vitamin B1: 0.54mg (36.24%), Vitamin B6: 0.72mg (36.05%), Magnesium: 101.8mg (25.45%), Phosphorus: 252.9mg (25.29%), Potassium: 873.24mg (24.95%), Vitamin B3: 4.88mg (24.42%), Copper: 0.45mg (22.66%), Vitamin B2: 0.35mg (20.8%), Zinc: 2.94mg (19.58%), Calcium: 173.6mg (17.36%), Selenium: 3.96µg (5.66%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.53mg (3.53%)