



Balsamic Roasted Beet Salad



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces baby arugula
- ☐ 0.5 cup balsamic vinegar
- ☐ 8 medium size beets scrubbed
- ☐ 2 teaspoons dijon mustard such as grey poupon
- ☐ 4 ounces goat cheese such as Montrachet, crumbled soft
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup olive oil good
- ☐ 0.3 cup roasted salted toasted

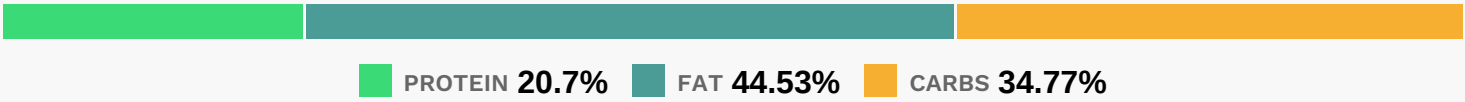
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees.
- ☐ Wrap the beets individually in aluminum foil and place them on a sheet pan. Roast them for 50 minutes to 1 hour, depending on their size, until a small sharp knife inserted in the middle indicates that they are tender. Unwrap each beet and set aside for 10 minutes, until cool enough to handle. Peel the beets with a small, sharp knife over a piece of parchment paper to prevent staining your cutting board.
- ☐ Meanwhile, whisk together the vinegar, olive oil, mustard, 2 teaspoons salt, and 1 teaspoon pepper and set aside. While the beets are still warm, cut each one in half and then each half into 4 to 6 wedges and place them in a large mixing bowl. As you're cutting the beets, toss them with half of the vinaigrette (warm beets absorb more vinaigrette), 1 teaspoon salt, and 1/4 teaspoon pepper. Taste for seasonings.
- ☐ Place the arugula in a separate bowl and toss it with enough vinaigrette to moisten.
- ☐ Put the arugula on a serving platter and then arrange the beets, almonds, and goat cheese on top.
- ☐ Drizzle with additional vinaigrette, if desired, sprinkle with salt and pepper, and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:6.68, Inflammation Score:-7, Nutrition Score:10.885217308998%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 170.77kcal (8.54%), Fat: 8.49g (13.06%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 11.45g (4.16%), Sugar: 11.15g (12.39%), Cholesterol: 16.97mg (5.66%), Sodium: 189.69mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Folate: 139.91µg (34.98%), Manganese: 0.49mg (24.39%), Vitamin K: 23.52µg (22.4%), Potassium: 506.81mg (14.48%), Fiber: 3.46g (13.84%), Phosphorus: 137.51mg (13.75%), Vitamin A: 681.53IU (13.63%), Copper: 0.25mg (12.52%), Vitamin B6: 0.23mg (11.75%), Magnesium: 43.99mg (11%), Iron: 1.79mg (9.94%), Vitamin C: 8.2mg (9.94%), Vitamin B2: 0.16mg (9.27%), Calcium: 82.12mg (8.21%), Selenium: 5.56µg (7.95%), Vitamin B1: 0.12mg (7.79%), Vitamin B3: 1.27mg (6.35%), Zinc: 0.91mg (6.07%), Vitamin B5: 0.48mg (4.85%), Vitamin E: 0.7mg (4.68%), Vitamin B12: 0.1µg (1.72%)