



WHATSheATE



Beet-and-Apple Salad



Vegetarian



Vegan

READY IN



135 min.

SERVINGS



30

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple-cider vinegar
- ☐ 10 pounds beets
- ☐ 1 teaspoon dijon mustard
- ☐ 1 apples green thinly sliced
- ☐ 3 tablespoons horseradish prepared
- ☐ 0.5 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.3 cup pistachios salted chopped
- ☐ 30 servings salt and pepper freshly ground

☐ 5 thyme sprigs

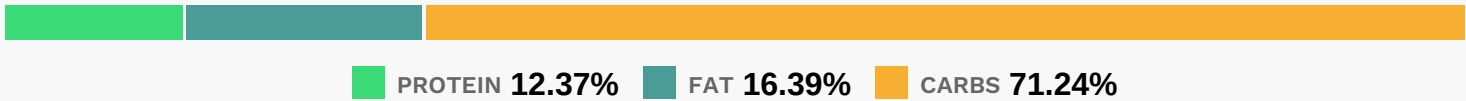
Equipment

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

Directions

- ☐ Preheat the oven to 37
- ☐ In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes.
- ☐ Let cool, then peel the beets and cut them into 3/4-inch dice.
- ☐ In a large bowl, whisk the vinegar with the mustard.
- ☐ Whisk in the remaining 1/2 cup of oil until emulsified.
- ☐ Add the horseradish and season with salt and pepper; toss with the beets and pistachios.
- ☐ Transfer the beets to a platter, top with the apple and serve.

Nutrition Facts



Properties

Glycemic Index:8.87, Glycemic Load:6.86, Inflammation Score:-6, Nutrition Score:7.5321738875431%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 83.62kcal (4.18%), Fat: 1.63g (2.5%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 11.31g (4.11%), Sugar: 11.09g (12.32%), Cholesterol: 0mg (0%), Sodium: 320.06mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Folate: 166.63µg (41.66%), Manganese: 0.53mg (26.34%), Fiber: 4.6g (18.4%), Potassium: 518.35mg (14.81%), Vitamin C: 8.41mg (10.19%), Magnesium: 37.59mg (9.4%), Iron: 1.32mg (7.32%), Phosphorus: 68.82mg (6.88%), Copper: 0.14mg (6.75%), Vitamin B6: 0.13mg (6.44%), Vitamin B1: 0.06mg (4.02%), Zinc: 0.58mg (3.86%), Vitamin B2: 0.07mg (3.85%), Calcium: 27.88mg (2.79%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.25mg (2.48%), Selenium: 1.26µg (1.79%), Vitamin E: 0.21mg (1.38%), Vitamin A: 66.91IU (1.34%)