



Beet and Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces apple juice
- ☐ 1 pound beets grated uncooked peeled
- ☐ 0.5 pound celery root grated peeled
- ☐ 1 pound granny smith apples grated peeled
- ☐ 4 ounces olive oil
- ☐ 10 servings salt and pepper
- ☐ 2 scallions diced
- ☐ 2 ounces sherry vinegar

☐ 2 bunches picked watercress

Equipment

☐ whisk

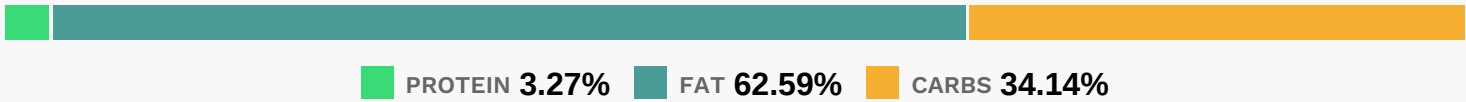
Directions

☐ Mix beets, apples, celery root and scallions together. Season with salt and pepper and set aside.

☐ Whisk together apple juice, vinegar and whisk in olive oil slowly.

☐ Pour mixture over beets cover tightly and refrigerate for 3 hours. Romove from refrigerator, toss in watercress and serve.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:4.77, Inflammation Score:-4, Nutrition Score:6.2560869351677%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 160.47kcal (8.02%), Fat: 11.59g (17.83%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 11.34g (4.12%), Sugar: 9.3g (10.34%), Cholesterol: 0mg (0%), Sodium: 255.87mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 34.68µg (33.03%), Folate: 54.6µg (13.65%), Vitamin E: 1.88mg (12.52%), Fiber: 2.88g (11.51%), Manganese: 0.23mg (11.42%), Vitamin C: 8.86mg (10.73%), Potassium: 300.93mg (8.6%), Phosphorus: 54.35mg (5.44%), Magnesium: 19.57mg (4.89%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 223.05IU (4.46%), Iron: 0.73mg (4.03%), Copper: 0.07mg (3.5%), Vitamin B2: 0.05mg (3.14%),

Calcium: 28.94mg (2.89%), Vitamin B1: 0.04mg (2.75%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.38mg (1.91%),
Zinc: 0.27mg (1.81%)