



Beet and Arugula Salad

 Vegetarian  Gluten Free

READY IN



280 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 24 ounces beets
- 0.3 cup vegetable oil
- 2 tablespoons red wine vinegar
- 1 tablespoon dijon mustard
- 1 teaspoon sugar
- 2 cups the salad
- 2 ounces goat cheese crumbled (goat)
- 1 tablespoon walnut pieces toasted chopped

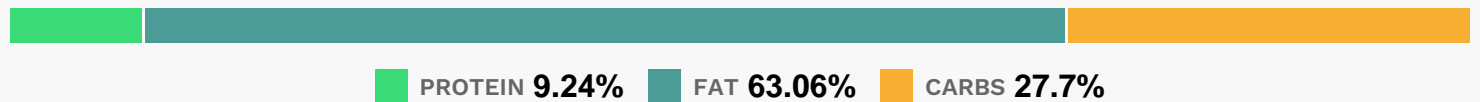
Equipment

- paper towels
- sauce pan

Directions

- Remove greens from beets, leaving about 1/2 inch of stem. Do not trim or cut root. Wash beets well.
- Place beets in 2-quart saucepan; add enough water to cover. Cover and heat to boiling; reduce heat. Simmer 40 to 50 minutes or until tender; drain.
- Cool beets 1 hour.
- Remove skins from beets under running water; drain beets on paper towels.
- Cut beets into julienne strips; place in shallow glass or plastic dish.
- In tightly covered container, shake oil, vinegar, mustard and sugar.
- Pour over beets. Cover and refrigerate at least 2 hours but no longer than 12 hours.
- Let stand at room temperature 30 minutes before preparing salad.
- Arrange beets on 4 salad plates. Top with arugula and cheese.
- Drizzle with remaining oil mixture if desired.
- Sprinkle with walnuts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:8.1, Inflammation Score:-7, Nutrition Score:12.046086935893%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 258.12kcal (12.91%), Fat: 18.68g (28.73%), Saturated Fat: 4.35g (27.22%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 13.37g (4.86%), Sugar: 12.74g (14.16%), Cholesterol: 6.52mg (2.17%), Sodium: 231.95mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.31%), Folate: 197.22µg (49.3%), Manganese: 0.71mg (35.38%), Vitamin K: 25.78µg (24.55%), Fiber: 5.09g (20.37%), Potassium: 610.5mg (17.44%), Vitamin C: 13.06mg (15.83%), Copper: 0.28mg (14.23%), Phosphorus: 125.43mg (12.54%), Magnesium: 49.64mg (12.41%), Iron: 1.93mg (10.7%), Vitamin B6: 0.18mg (9.07%), Vitamin A: 432.92IU (8.66%), Vitamin E: 1.24mg (8.26%), Vitamin B2: 0.14mg (8.14%), Zinc: 0.87mg (5.81%), Vitamin B1: 0.08mg (5.62%), Calcium: 54.93mg (5.49%), Selenium: 3.07µg (4.39%), Vitamin B5: 0.41mg (4.1%), Vitamin B3: 0.79mg (3.94%)