



Beet and Arugula Salad with Kefalotyri

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups arugula
- ☐ 1 pound beets
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ounce kefalotyri cheese fresh shaved
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

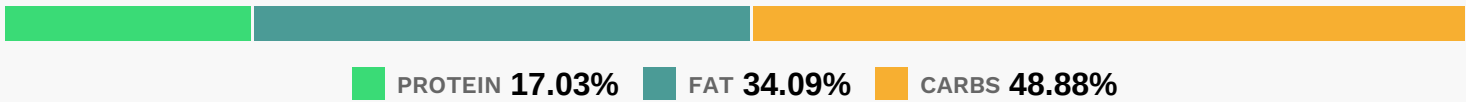
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place beets in a baking dish; bake at 425 for 1 hour and 10 minutes or until tender. Cool; peel and cut into 1/4-inch-thick slices.
- ☐ Combine vinegar, oil, salt, and pepper, stirring with a whisk. Arrange beet slices in a single layer on a platter.
- ☐ Drizzle beets with half of vinegar mixture.
- ☐ Combine remaining vinegar mixture and arugula in a large bowl; toss gently to coat. Top beets with arugula mixture.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:2.59, Inflammation Score:-5, Nutrition Score:5.0743478387594%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 48.04kcal (2.4%), Fat: 1.9g (2.93%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 4.29g (1.56%), Sugar: 4.15g (4.61%), Cholesterol: 3.54mg (1.18%), Sodium: 217.13mg (9.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Folate: 77.12µg (19.28%), Vitamin K: 17.05µg (16.24%), Manganese: 0.25mg (12.65%), Vitamin A: 410.85IU (8.22%), Fiber: 1.86g (7.44%), Potassium: 245.51mg (7.01%), Vitamin C: 5.05mg (6.12%), Calcium: 59mg (5.9%), Magnesium: 21.42mg (5.35%), Phosphorus: 47.21mg (4.72%),

Iron: 0.71mg (3.95%), Vitamin B2: 0.05mg (3.03%), Copper: 0.06mg (2.86%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.59%), Selenium: 1.45µg (2.07%), Vitamin B5: 0.17mg (1.7%), Vitamin B1: 0.03mg (1.69%), Vitamin E: 0.19mg (1.25%), Vitamin B3: 0.24mg (1.19%)