



Beet and Balsamic Vinaigrette Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 30 ounce beets julienned drained canned
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 onion red sliced in rings
- ☐ 3 baby greens rinsed
- ☐ 1 cup balsamic vinaigrette salad dressing

Equipment

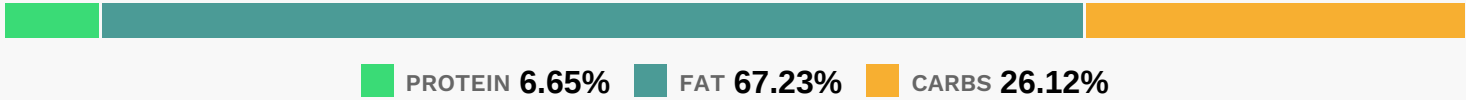
- ☐ bowl

☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a large bowl, toss together the romaine, beets, onion, cheese and dressing until evenly coated.
- ☐ Sprinkle with the crumbled bacon and serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:13.183043350344%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 314.49kcal (15.72%), Fat: 24.17g (37.19%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 19.28g (7.01%), Sugar: 13.28g (14.75%), Cholesterol: 16.33mg (5.44%), Sodium: 380.99mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin A: 3803.26IU (76.07%), Vitamin K: 74.76µg (71.2%), Folate: 88.02µg (22%), Manganese: 0.32mg (15.78%), Vitamin E: 1.66mg (11.09%), Selenium: 7.27µg (10.39%), Phosphorus: 96.16mg (9.62%), Calcium: 83.33mg (8.33%), Potassium: 283.63mg (8.1%), Copper: 0.16mg (7.79%), Fiber: 1.86g (7.43%), Vitamin B6: 0.14mg (7.09%), Vitamin B2: 0.12mg (6.84%), Magnesium: 26.73mg (6.68%), Vitamin B1: 0.09mg (6.1%), Zinc: 0.85mg (5.67%), Vitamin C: 4.65mg (5.64%), Vitamin B3: 1.08mg (5.38%), Iron: 0.96mg (5.32%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.17µg (2.78%)