



Beet and Blood Orange Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds beets peeled halved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 blood oranges
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup dry-roasted pistachios unsalted chopped
- ☐ 2 tablespoons goat cheese
- ☐ 2 cups greens
- ☐ 0.1 teaspoon salt

- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons walnut oil toasted

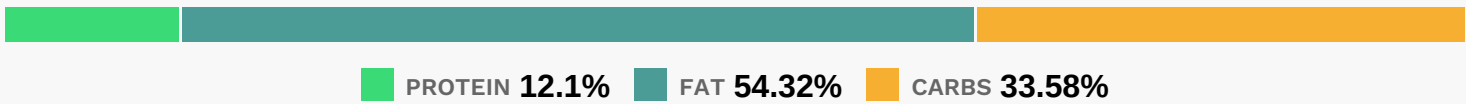
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Wrap beets in parchment paper. Microwave at HIGH until tender (about 7 minutes).
- ☐ Let stand 5 minutes.
- ☐ Cut into 1-inch pieces.
- ☐ Section orange over a bowl; squeeze to juice.
- ☐ Place sections in a bowl.
- ☐ Add toasted walnut oil, minced shallots, Dijon mustard, pepper, and salt to juice; stir.
- ☐ Add beets, greens, and orange sections; toss. Top with pistachios and goat cheese.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:7.71, Inflammation Score:-7, Nutrition Score:12.483913013469%

Flavonoids

Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 235.9kcal (11.79%), Fat: 15.03g (23.12%), Saturated Fat: 2.67g (16.72%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 14.8g (5.38%), Sugar: 12.88g (14.31%), Cholesterol: 3.22mg (1.07%), Sodium: 295.06mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Folate: 208.51µg (52.13%), Manganese: 0.89mg (44.53%), Fiber: 6.11g (24.44%), Potassium: 693.48mg (19.81%), Vitamin C: 15.11mg (18.31%), Magnesium: 66.58mg

(16.65%), Phosphorus: 143.46mg (14.35%), Vitamin B3: 2.53mg (12.66%), Copper: 0.25mg (12.52%), Vitamin B6: 0.23mg (11.29%), Iron: 1.9mg (10.57%), Vitamin B2: 0.13mg (7.78%), Vitamin A: 364.28IU (7.29%), Zinc: 1.08mg (7.17%), Vitamin B1: 0.09mg (5.98%), Vitamin B5: 0.54mg (5.36%), Calcium: 51.01mg (5.1%), Vitamin E: 0.74mg (4.91%), Selenium: 2.92µg (4.18%), Vitamin K: 1.77µg (1.69%)