



Beet and Feta Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



1280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 small beets whole canned drained ()
- ☐ 1 tablespoon feta crumbled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup microgreens mixed (baby salad greens)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon salt

Equipment

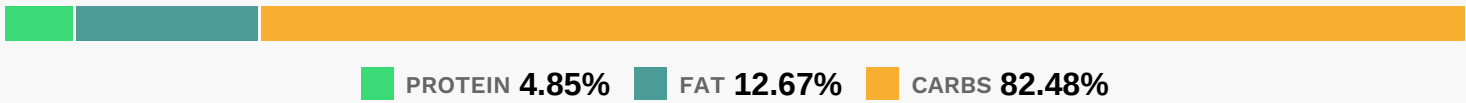
- ☐ bowl

☐ whisk

Directions

- ☐ Quarter beets and put on a plate.
- ☐ Whisk together lemon juice and salt in a small bowl, then add oil in a slow stream, whisking until combined well. Season dressing with pepper and spoon 1 tablespoon over beets. Marinate 15 minutes.
- ☐ Sprinkle feta over beets. Just before serving, toss greens with remaining dressing and mound alongside beets.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:40.514782457248%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1279.71kcal (63.99%), Fat: 19.05g (29.3%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 279.07g (93.02%), Net Carbohydrates: 265.46g (96.53%), Sugar: 187.13g (207.92%), Cholesterol: 15.13mg (5.04%), Sodium: 3025.62mg (131.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.81%), Manganese: 3.79mg (189.51%), Folate: 476.54µg (119.14%), Copper: 1.99mg (99.67%), Magnesium: 261.84mg (65.46%), Vitamin C: 47.99mg (58.18%), Potassium: 2022.49mg (57.79%), Vitamin B2: 0.98mg (57.37%), Fiber: 13.61g (54.46%), Vitamin B6: 0.95mg (47.42%), Iron: 7.35mg (40.86%), Phosphorus: 358.39mg (35.84%), Zinc: 4.98mg (33.17%), Selenium: 19.68µg (28.11%), Calcium: 275.33mg (27.53%), Vitamin B5: 2.54mg (25.36%), Vitamin A: 1245.84IU (24.92%), Vitamin B3: 4.61mg (23.03%), Vitamin E: 3.07mg (20.49%), Vitamin B1: 0.21mg (13.76%), Vitamin K: 13.83µg (13.18%), Vitamin B12: 0.29µg (4.79%)