



WHATShEATE



Beet and Goat Cheese Arugula Salad



Vegetarian



Gluten Free

READY IN



42 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups arugula fresh
- ☐ 0.5 avocado pitted cubed peeled
- ☐ 0.3 cup balsamic vinegar
- ☐ 6 medium beets cooked quartered
- ☐ 0.3 cup cranberries dried
- ☐ 3 ounces goat cheese fresh crumbled soft
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons shallots thinly sliced
- ☐ 0.5 cup walnuts toasted coarsely chopped

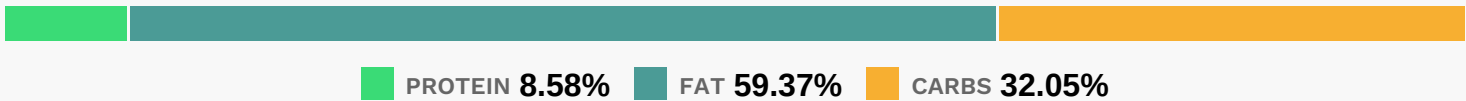
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Line a baking sheet with foil. Preheat the oven to 450 degrees F.
- ☐ Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat.
- ☐ Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.
- ☐ Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad.
- ☐ Sprinkle with the avocado and goat cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:80.07, Glycemic Load:15.55, Inflammation Score:-9, Nutrition Score:24.793043105499%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 527.22kcal (26.36%), Fat: 36.44g (56.06%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 33.3g (12.11%), Sugar: 31.37g (34.86%), Cholesterol: 9.78mg (3.26%), Sodium: 292.83mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.69%), Folate: 346.96µg (86.74%), Manganese: 1.57mg (78.56%), Vitamin K: 50.9µg (48.48%), Fiber: 10.96g (43.84%), Potassium: 1182.18mg (33.78%), Copper: 0.67mg (33.44%), Magnesium: 110.61mg (27.65%), Vitamin C: 20.34mg (24.65%), Phosphorus: 244.2mg (24.42%), Vitamin E: 3.65mg (24.31%), Iron: 3.81mg (21.18%), Vitamin A: 1056.14IU (21.12%), Vitamin B6: 0.42mg (20.97%), Vitamin B2: 0.27mg (15.82%), Calcium: 144.61mg (14.46%), Zinc: 1.9mg (12.7%), Vitamin B1: 0.18mg (11.96%), Vitamin B5: 1.15mg (11.46%), Vitamin B3: 1.7mg (8.5%), Selenium: 3.47µg (4.96%)