



Beet and Goat Cheese Salad with Pistachios



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 oz mild goat cheese soft
- ☐ 2 large golden beets (1 lb without greens)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 cups lambs lettuce trimmed (also called lamb's lettuce)
- ☐ 0.3 cup pistachio oil
- ☐ 3 tablespoons pistachios salted red shelled coarsely chopped (not dyed)
- ☐ 3 large beets red ()

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots minced

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 425°F.
- ☐ Separately wrap red and golden beets tightly in double layers of foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets.
- ☐ While beets are cooling slightly, whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a stream, whisking.
- ☐ When beets are cool enough to handle, slip off and discard skins. Separately cut red and golden beets into 1/4-inch dice and put in separate bowls.
- ☐ Add 2 1/2 tablespoons dressing to each bowl and toss to coat.
- ☐ Place cookie cutter in center of 1 of 8 salad plates. Put one eighth of red beets in cutter and pack down with your fingertips. Crumble 2 teaspoons goat cheese on top, then one eighth of golden beets, packing them down. Gently lift cutter up and away from stack. Make 7 more servings in same manner.
- ☐ Drizzle each plate with 1 teaspoon dressing and scatter with some pistachios.
- ☐ Toss mâche with just enough remaining dressing to coat and gently mound on top of beets.
- ☐ Serve immediately.
- ☐ Beets can be roasted and diced 1 day ahead and chilled, covered. Bring to room temperature before using. • Molded beet salad (without mâche) can be assembled 45 minutes ahead and kept, covered, at cool room temperature.

Nutrition Facts



 PROTEIN **12.84%**  FAT **49.61%**  CARBS **37.55%**

Properties

Glycemic Index:26, Glycemic Load:7.75, Inflammation Score:-9, Nutrition Score:13.567391196023%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 196.91kcal (9.85%), Fat: 11.5g (17.69%), Saturated Fat: 3.25g (20.28%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 14.26g (5.19%), Sugar: 12.51g (13.9%), Cholesterol: 6.52mg (2.17%), Sodium: 404.86mg (17.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Folate: 195.63µg (48.91%), Vitamin A: 2200.82IU (44.02%), Manganese: 0.74mg (36.92%), Vitamin C: 21.23mg (25.73%), Fiber: 5.31g (21.25%), Potassium: 742.97mg (21.23%), Copper: 0.31mg (15.67%), Vitamin B6: 0.3mg (15.05%), Phosphorus: 137.74mg (13.77%), Iron: 2.45mg (13.61%), Magnesium: 50.3mg (12.58%), Vitamin B2: 0.15mg (8.99%), Vitamin B1: 0.11mg (7.49%), Zinc: 0.99mg (6.57%), Calcium: 64.01mg (6.4%), Vitamin B5: 0.41mg (4.14%), Vitamin B3: 0.8mg (4%), Selenium: 2.13µg (3.05%), Vitamin E: 0.17mg (1.12%)