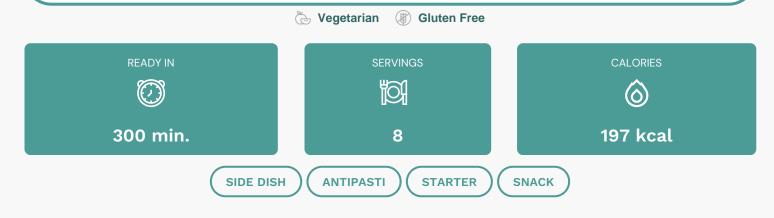


Beet and Goat Cheese Salad with Pistachios



Ingredients

0.3 teaspoon pepper black

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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 11/2 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

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: 0.02mg, Epicatechin: 0.02mg, 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, Epigallocatechin: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.28mg, Quercetin: 0.28mg, 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 %: O% (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%)