



Beet and Jícama on Endive with Garlic Yogurt Dressing



Vegetarian



Gluten Free

READY IN



540 min.

SERVINGS



50

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds beets trimmed
- ☐ 8 belgian endives
- ☐ 2 teaspoons fennel seeds crushed
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest fresh finely grated
- ☐ 2 tablespoons red-wine vinegar
- ☐ 32 ounces whole-milk yogurt plain
- ☐ 3 tablespoons sugar
- ☐ 2.5 pounds jicamas ()
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Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cheesecloth

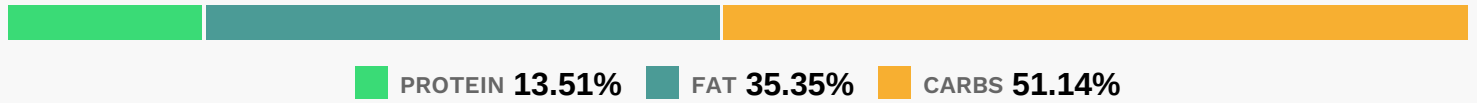
Directions

- ☐ Drain yogurt in a large sieve lined with double thickness of cheesecloth, chilled, at least 8 hours. Stir drained yogurt with garlic, mint, and salt to taste.
- ☐ Preheat oven to 425°F.
- ☐ Wrap beets in foil and roast in middle of oven 1 1/4 hours, or until tender when pierced with a knife. Cool beets. Peel beets and jicamas and cut into 1/4-inch dice. Toss with sugar, zest, orange juice, vinegar, oil, fennel, and salt to taste.
- ☐ Stir lemon juice into a large bowl of cold water.
- ☐ Cut ends from endives and separate into leaves. Soak in lemon water 10 minutes to keep endive from discoloring.
- ☐ Drain and spin dry.
- ☐ Spread some dressing on each leaf and spoon beet salad over it.



·You can make dressing 2 days ahead and chill it, covered.·Beets may be roasted, and beets and jícama diced, 1 day ahead. But keep separate, chilled, in sealable plastic bags.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.7847826244391%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 29.52kcal (1.48%), Fat: 1.21g (1.86%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.91g (3.23%), Cholesterol: 2.36mg (0.79%), Sodium: 22.94mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Folate: 25.03µg (6.26%), Manganese: 0.08mg (4.01%), Fiber: 0.84g (3.34%), Potassium: 111.92mg (3.2%), Calcium: 28.62mg (2.86%), Phosphorus: 27.8mg (2.78%), Vitamin C: 2.25mg (2.73%), Vitamin B2: 0.04mg (2.18%), Magnesium: 7.98mg (1.99%), Zinc: 0.19mg (1.29%), Vitamin B6: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.22%), Iron: 0.22mg (1.2%), Vitamin B5: 0.12mg (1.16%), Copper: 0.02mg (1.13%), Vitamin B12: 0.07µg (1.12%)