



Beet and Marinated Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple juice concentrate frozen thawed
- ☐ 2 cups baby arugula packed
- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 6 cups bite-size pieces butter lettuce (part of 1 head)
- ☐ 1.5 teaspoons thyme leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 4 ounces goat cheese chilled
- ☐ 8 inch golden beets red trimmed

- ☐ 0.5 large apples i use 2 granny smith apples cored cut into thin slices
- ☐ 6 ounces green beans trimmed cut into 2-inch lengths
- ☐ 0.3 teaspoon kosher salt for seasoning
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.3 cup balsamic vinegar white

Equipment

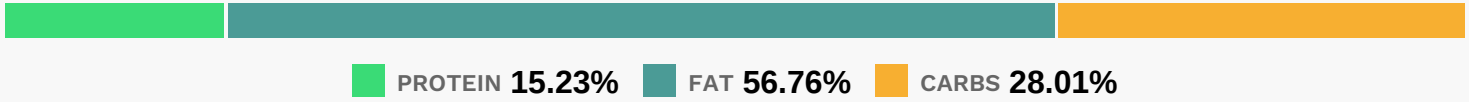
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the oil, vinegar, apple juice, thyme, pepper, salt and garlic in a small bowl and whisk to blend. Season with additional salt and pepper.
- ☐ For the salad: Preheat the oven to 425 degrees F.
- ☐ Place the goat cheese in a medium bowl.
- ☐ Drizzle with just enough dressing to moisten. Refrigerate until ready to serve.
- ☐ Wrap each beet in foil.
- ☐ Place the beets directly onto the oven rack and roast until tender, about 50 minutes. Eight minutes before the beets are tender, place the green beans in a pie dish.
- ☐ Add the oil and a pinch each salt and pepper and toss to coat. Roast the green beans alongside the beets until crisp-tender, about 8 minutes.
- ☐ Remove the foil from the beets and set aside until cool enough to handle.
- ☐ Cut each beet into 6 to 8 wedges.

- ☐
- Combine the lettuces in a large bowl.
- ☐
- Add the green beans and apple slices and top with the beet wedges.
- ☐
- Sprinkle the goat cheese on top. Just before serving, pour the dressing over the salad and toss until coated.

Nutrition Facts



Properties

Glycemic Index:100.94, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:16.096087191416%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 197.51kcal (9.88%), Fat: 12.79g (19.68%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 11.05g (4.02%), Sugar: 9.35g (10.38%), Cholesterol: 13.04mg (4.35%), Sodium: 268.44mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin K: 111.29µg (105.99%), Vitamin A: 3361.33IU (67.23%), Folate: 88.68µg (22.17%), Manganese: 0.41mg (20.53%), Vitamin C: 12.7mg (15.39%), Copper: 0.29mg (14.28%), Iron: 2.5mg (13.89%), Phosphorus: 131.53mg (13.15%), Vitamin B2: 0.22mg (13.09%), Fiber: 3.15g (12.58%), Vitamin B6: 0.24mg (11.85%), Potassium: 400.09mg (11.43%), Calcium: 113.1mg (11.31%), Magnesium: 36.88mg (9.22%), Vitamin E: 1.38mg (9.21%), Vitamin B1: 0.11mg (7.5%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.64mg (4.27%), Vitamin B3: 0.8mg (4.02%), Selenium: 1.79µg (2.56%)