



Beet-and-Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 pound beets
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

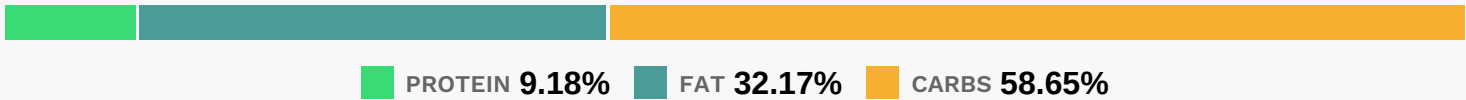
Equipment

☐ whisk

Directions

- ☐ Leave the root and 1 inch of stem on beets, and scrub with a brush. Steam beets and bay leaf, covered, for 30 minutes or until tender. Discard bay leaf.
- ☐ Drain and rinse beets with cold water.
- ☐ Drain. Trim off beet roots; rub off skins.
- ☐ Cut beets into 1/4-inch slices.
- ☐ Combine beets and onion; arrange on a platter.
- ☐ Combine parsley and next 4 ingredients (parsley through salt), stirring with a whisk.
- ☐ Pour dressing over beet mixture.
- ☐ Sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:3.84, Inflammation Score:-8, Nutrition Score:6.1973912456761%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 67.49kcal (3.37%), Fat: 2.54g (3.9%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 255.23mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin K: 28.71µg (27.34%), Folate: 91.5µg (22.88%), Manganese: 0.33mg (16.55%), Fiber: 2.97g (11.89%), Vitamin C: 7.5mg (9.09%), Potassium: 304.62mg (8.7%), Iron: 1.09mg (6.08%), Magnesium: 23.2mg (5.8%), Vitamin B6: 0.09mg (4.64%), Phosphorus: 40.4mg (4.04%), Copper:

0.08mg (3.75%), Vitamin E: 0.53mg (3.56%), Calcium: 33.96mg (3.4%), Vitamin A: 153.01IU (3.06%), Vitamin B1: 0.04mg (2.56%), Vitamin B2: 0.04mg (2.54%), Zinc: 0.35mg (2.33%), Vitamin B3: 0.34mg (1.7%), Vitamin B5: 0.16mg (1.63%)