



## Beet and Pear Napoleons with Ginger Juice Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

### Ingredients

- ☐ 2 large anjou pear
- ☐ 4 inch ginger peeled
- ☐ 1 apples i use 2 granny smith apples
- ☐ 1 cup the salad mixed (preferably spicy)
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 2 medium beets red trimmed scrubbed ()

- ☐ 6 servings sea salt
- ☐ 0.3 teaspoon sugar
- ☐ 1 bunch tarragon

## Equipment

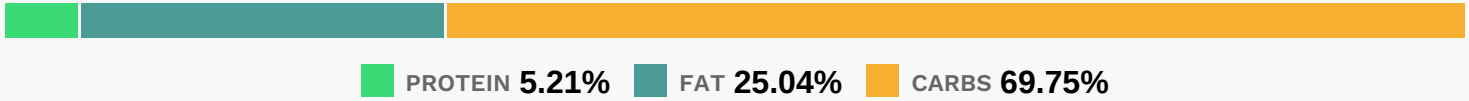
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microplane

## Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Wrap beets in foil and roast until tender, about 1 1/2 hours.
- ☐ Let stand until cool enough to handle, then slice crosswise into 1/4-inch-thick rounds. Cool completely.
- ☐ Meanwhile, finely grate ginger with a Microplane over a kitchen-towel-lined bowl. Carefully gather towel around ginger and squeeze until you have 2 tablespoons ginger juice.
- ☐ Whisk in orange juice, sugar, and oil. Season with salt and pepper. Divide vinaigrette evenly between 2 small bowls.
- ☐ Cut pears lengthwise around core into 1/4-inch-thick slices.
- ☐ Cut out 18 rounds from slices using cookie cutter and put in one bowl of vinaigrette.
- ☐ Cut out 18 rounds from beet slices and put in other bowl. Toss pears and beets with vinaigrette to coat well.
- ☐ To assemble napoleons, put 1 beet round on each of 6 plates (see cooks' note, below) and top with a tarragon leaf. Top with 1 pear round, then another tarragon leaf. Repeat layering 2 more times. Discard vinaigrette used for beets.
- ☐ Toss greens with some of remaining vinaigrette and place around each napoleon. Finely grate apple (including skin) into a bowl. Spoon a heaping teaspoon apple on top of each napoleon, then sprinkle with sea salt and poppy seeds.

- ☐ Drizzle with more vinaigrette if desired.
- ☐ •To avoid staining pears red, use one hand to toss and stack the beets and the other to handle the pears. •Beets can be roasted and sliced 3 days ahead and chilled. •Ginger juice vinaigrette can be made 2 days ahead and chilled.

## Nutrition Facts



## Properties

Glycemic Index:56.64, Glycemic Load:8.32, Inflammation Score:-5, Nutrition Score:6.7669565884963%

## Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 5.17mg, Epicatechin: 5.17mg, Epicatechin: 5.17mg, Epicatechin: 5.17mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 130.35kcal (6.52%), Fat: 3.92g (6.03%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 19.66g (7.15%), Sugar: 15.86g (17.63%), Cholesterol: 0mg (0%), Sodium: 242.44mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin C: 16.8mg (20.37%), Folate: 78.81µg (19.7%), Fiber: 4.91g (19.64%), Manganese: 0.36mg (18.15%), Potassium: 404.29mg (11.55%), Magnesium: 28.8mg (7.2%), Copper: 0.14mg (7.13%), Iron: 1.18mg (6.54%), Vitamin B6: 0.12mg (6.15%), Vitamin K: 6.28µg (5.98%), Vitamin E: 0.69mg (4.61%), Phosphorus: 45.91mg (4.59%), Vitamin B2: 0.08mg (4.55%), Vitamin A: 213.54IU (4.27%), Calcium: 36.26mg (3.63%), Vitamin B1: 0.05mg (3.39%), Vitamin B3: 0.59mg (2.93%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.19mg (1.88%)