



Beet and Red Onion Salad with Ricotta-Provolone Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 pounds beets
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 1 ounce sharp provolone cheese shredded finely
- ☐ 1.5 cups onion red thinly sliced

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 serrano chile seeded thinly sliced
- ☐ 2 teaspoons water hot

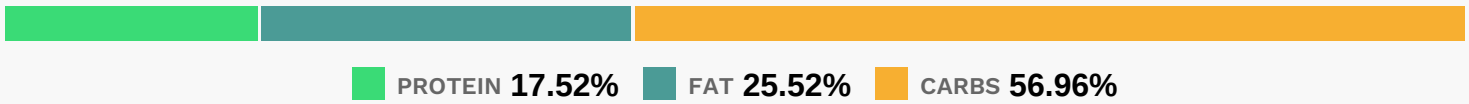
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Leave root and 1 inch of stems on beets; scrub with a brush. Pierce each beet 2 times with a sharp knife.
- ☐ Place beets in a large heavy-duty zip-top plastic bag, and seal halfway. Microwave at HIGH 20 minutes or until tender, rotating bag every 5 minutes.
- ☐ Remove bag from microwave; cool to room temperature.
- ☐ Remove beets from bag; reserve liquid in bag. Peel beets, and cut into 1/4-inch-thick slices.
- ☐ Combine reserved liquid, vinegar, oil, salt, and pepper in a large bowl, stirring with a whisk.
- ☐ Add beets, onion, and serrano; toss gently to coat.
- ☐ Combine ricotta, provolone, and hot water, stirring well.
- ☐ Sprinkle salad with basil; top with cheese mixture.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:9.05, Inflammation Score:-7, Nutrition Score:11.901739029781%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 155.79kcal (7.79%), Fat: 4.6g (7.08%), Saturated Fat: 2.08g (13%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 17.07g (6.21%), Sugar: 14.59g (16.21%), Cholesterol: 9.67mg (3.22%), Sodium: 403.62mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Folate: 217.8µg (54.45%), Manganese: 0.71mg (35.28%), Fiber: 6.03g (24.13%), Potassium: 713.56mg (20.39%), Vitamin C: 12.71mg (15.41%), Phosphorus: 149.93mg (14.99%), Calcium: 134.64mg (13.46%), Magnesium: 53.22mg (13.3%), Iron: 1.8mg (9.99%), Vitamin B6: 0.19mg (9.35%), Copper: 0.17mg (8.67%), Vitamin B2: 0.14mg (8.32%), Selenium: 5.67µg (8.1%), Zinc: 1.17mg (7.83%), Vitamin K: 7.32µg (6.97%), Vitamin B1: 0.08mg (5.54%), Vitamin A: 259.58IU (5.19%), Vitamin B5: 0.42mg (4.2%), Vitamin B3: 0.72mg (3.61%), Vitamin B12: 0.13µg (2.15%), Vitamin E: 0.32mg (2.11%)