



 **84%**  
HEALTH SCORE

## Beet And Spinach Tartine Recipe

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



531 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 servings beets
- 4 servings olive oil extra virgin
- 1 clove garlic
- 4 servings sourdough bread whole-wheat
- 4 servings pkt spinach
- 4 servings walnuts

### Equipment

- blender

## Directions

- Boil the beets in salted water until tender, about 20 minutes. Chop the beets in quarters and purée in a blender with the walnuts, 1/2 a garlic clove, 2 tablespoons of olive oil, and salt and pepper. Cover and refrigerate. Blanch the spinach for 30 seconds.
- Place spinach, 1/2 garlic clove, half a cup of walnuts, the parsley, 2 tablespoons olive oil, and salt and pepper in the blender. Purée. Refrigerate. Allow both mixtures to chill for at least 20 minutes.
- Spread mixture onto a slice of sourdough, sprinkle with salt and pepper and serve.

## Nutrition Facts

    
 **PROTEIN 9.75%**  **FAT 57.56%**  **CARBS 32.69%**

## Properties

Glycemic Index:56.63, Glycemic Load:29.17, Inflammation Score:-10, Nutrition Score:28.413478291553%

## Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 531.3kcal (26.56%), Fat: 35.35g (54.38%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 39.17g (14.24%), Sugar: 8.47g (9.41%), Cholesterol: 0mg (0%), Sodium: 463.03mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.94%), Vitamin K: 154.73µg (147.37%), Manganese: 1.86mg (93.25%), Folate: 240.46µg (60.12%), Vitamin A: 2841.61IU (56.83%), Vitamin B1: 0.6mg (40.18%), Copper: 0.67mg (33.33%), Selenium: 20.66µg (29.51%), Magnesium: 107.41mg (26.85%), Iron: 4.82mg (26.8%), Fiber: 6g (23.99%), Vitamin B2: 0.4mg (23.71%), Phosphorus: 214.05mg (21.4%), Vitamin E: 3mg (19.98%), Vitamin B3: 3.87mg (19.35%), Vitamin B6: 0.34mg (17.15%), Potassium: 598.73mg (17.11%), Vitamin C: 12.39mg (15.01%), Zinc: 2mg (13.32%), Calcium: 104.76mg (10.48%), Vitamin B5: 0.51mg (5.14%)