

food
network

Beet and Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apricot preserved black seedless
- ☐ 1 can beets drained sliced chopped
- ☐ 2 ribs celery chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon poppy seeds
- ☐ 4 radishes chopped
- ☐ 0.5 small onion red chopped
- ☐ 1 heart romaine lettuce chopped

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vinegar
- ☐ 0.5 cup walnuts chopped

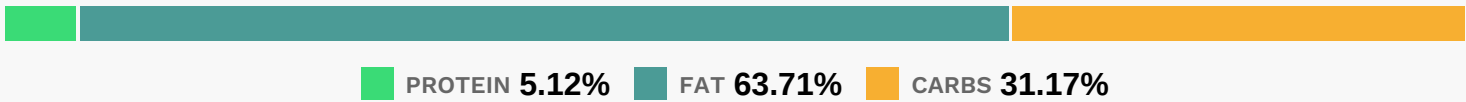
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Toast nuts in a small pan over medium heat, 3 to 4 minutes, then let them cool.
- ☐ Combine chopped lettuce, beets, radishes, onion, celery and toasted walnuts in a shallow bowl.
- ☐ Place the preserves into a small bowl and whisk vinegar into it.
- ☐ Add poppy seeds to dressing if you are using them.
- ☐ Whisk extra-virgin olive oil into the dressing and season it with salt and pepper. Dress salad and toss to coat evenly then adjust salt and pepper to your taste.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:9.7056522576705%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 276.59kcal (13.83%), Fat: 20.53g (31.59%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 19.71g (7.17%), Sugar: 13.79g (15.32%), Cholesterol: 0mg (0%), Sodium: 371.7mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Manganese: 0.85mg (42.29%), Copper: 0.39mg (19.61%), Vitamin K: 20.42µg (19.45%), Vitamin A: 897.44IU (17.95%), Folate: 64.63µg (16.16%), Vitamin E: 1.82mg (12.15%), Magnesium: 47.43mg (11.86%), Fiber: 2.89g (11.55%), Phosphorus: 88.9mg (8.89%), Potassium: 310.22mg (8.86%), Vitamin B6: 0.18mg (8.84%), Vitamin C: 5.89mg (7.14%), Iron: 1.18mg (6.54%), Zinc: 0.88mg (5.87%), Vitamin B2: 0.1mg (5.77%), Vitamin B1: 0.09mg (5.68%), Calcium: 52.94mg (5.29%), Vitamin B5: 0.33mg (3.32%), Selenium: 2.13µg (3.04%), Vitamin B3: 0.59mg (2.97%)