



Beet, Blue Cheese, and Toasted Walnut Salad



Vegetarian



Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 14.5 ounce beets drained sliced canned ()
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 cups torn leaf lettuce red
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts toasted chopped

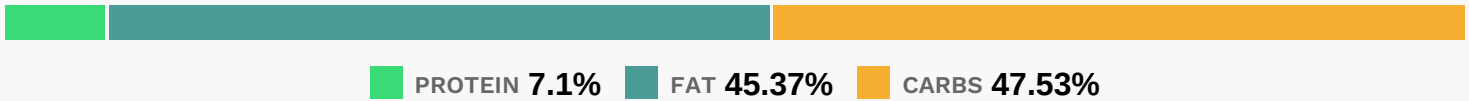
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients in a small bowl; stir well with a whisk.
- ☐ Add beets; toss well. Cover and chill 2 hours.
- ☐ Arrange lettuce evenly on individual plates. Spoon beet mixture evenly over lettuce, using a slotted spoon. Reserve remaining orange juice mixture.
- ☐ Sprinkle blue cheese and walnuts evenly over beet mixture.
- ☐ Drizzle reserved orange juice mixture evenly over each salad.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:2.02, Inflammation Score:-9, Nutrition Score:10.423912900621%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 180.93kcal (9.05%), Fat: 9.51g (14.63%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 20.66g (7.51%), Sugar: 14.79g (16.43%), Cholesterol: 2.63mg (0.88%), Sodium: 508.03mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin A: 2274.83IU (45.5%), Vitamin K: 45.54µg (43.37%), Manganese: 0.59mg (29.71%), Vitamin C: 12.12mg (14.69%), Folate: 52.61µg (13.15%), Copper: 0.26mg (13.07%), Magnesium: 35.94mg (8.99%), Potassium: 265.92mg (7.6%), Phosphorus: 71.69mg (7.17%), Fiber: 1.75g (7%), Vitamin B6: 0.13mg (6.72%), Iron: 1.19mg (6.6%), Vitamin B2: 0.1mg (6.05%), Calcium: 54.63mg (5.46%), Vitamin B1: 0.07mg (4.79%), Vitamin E: 0.68mg (4.56%), Zinc: 0.68mg (4.53%), Selenium: 2.78µg (3.97%), Vitamin B5: 0.32mg (3.25%), Vitamin B3: 0.55mg (2.74%)