



Beet Carpaccio with Ginger-Miso Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2 beets
- ☐ 0.8 teaspoon mustard dry
- ☐ 0.8 teaspoon ginger fresh minced
- ☐ 4 teaspoons honey
- ☐ 4 teaspoons juice of lemon
- ☐ 3 cups salad mix rinsed ()
- ☐ 2 teaspoons salad oil
- ☐ 4 servings salt and pepper

☐ 4 teaspoons soya sauce (see notes)

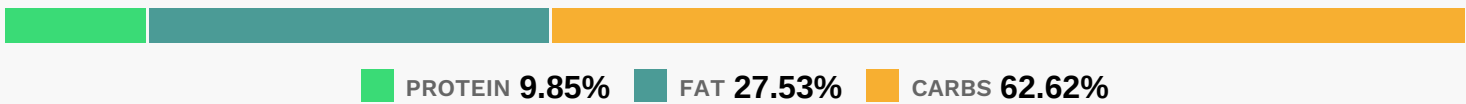
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mandoline
- ☐ peeler

Directions

- ☐ In a small bowl, mix mustard with 4 teaspoons water until smooth; let stand 5 minutes.
- ☐ Whisk in lemon juice, honey, miso, oil, and ginger.
- ☐ Trim and discard tops and root ends from beets. Scrub beets well, then pare peel with a vegetable peeler and discard. Using the vegetable peeler or a mandoline, slice beets paper thin. Arrange slices equally, slightly overlapping, in a ring on each of four salad plates.
- ☐ In a bowl, mix 2 tablespoons ginger-miso vinaigrette with salad mix. Arrange greens equally in the center of beets.
- ☐ Drizzle remaining dressing over beets.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:4.83, Inflammation Score:-4, Nutrition Score:4.0995652468308%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 68.29kcal (3.41%), Fat: 2.25g (3.46%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.78g (9.75%), Cholesterol: 0mg (0%), Sodium: 569.16mg (24.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Folate: 58.66µg (14.66%), Vitamin C: 10.98mg (13.31%), Manganese: 0.23mg (11.28%), Vitamin A: 354.75IU (7.09%), Potassium: 210.72mg (6.02%), Fiber: 1.28g (5.11%), Magnesium: 17.12mg (4.28%), Iron: 0.73mg (4.06%), Phosphorus: 39.81mg (3.98%), Vitamin B6: 0.07mg (3.48%), Copper: 0.06mg (3.03%), Vitamin B3: 0.57mg (2.86%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.39mg (2.63%), Vitamin B1: 0.03mg (1.97%), Selenium: 1.3µg (1.86%), Zinc: 0.27mg (1.83%), Vitamin K: 1.53µg (1.46%), Vitamin B5: 0.14mg (1.37%), Calcium: 13.56mg (1.36%)