



Beet Carpaccio with Goat Cheese and Arugula



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 4 cups baby arugula packed
- ☐ 3 medium beets trimmed to 2 inches peeled
- ☐ 1 large belgian endive sliced
- ☐ 4 ounces goat cheese sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 tablespoons red-wine vinegar

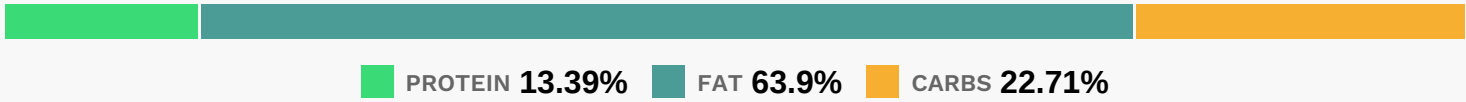
Equipment

- ☐ bowl

Directions

- ☐ Using stems as a handle, slice beets paper-thin with slicer (wear protective gloves to avoid staining hands). Toss with vinegar and 1/4 teaspoon salt in a bowl, then let stand 5 minutes to wilt.
- ☐ Divide beets among 4 large plates, overlapping slices slightly. Top with goat cheese.
- ☐ Toss arugula and endive with 1 tablespoon oil and salt and pepper to taste, then mound over goat cheese.
- ☐ Drizzle beets with remaining 2 tablespoons oil.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:11.784782591073%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 230.81kcal (11.54%), Fat: 16.84g (25.9%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 9.16g (3.33%), Sugar: 9.28g (10.31%), Cholesterol: 13.04mg (4.35%), Sodium: 210.1mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Folate: 166.68µg (41.67%), Vitamin K: 28.89µg (27.51%), Manganese: 0.53mg (26.39%), Fiber: 4.3g (17.2%), Copper: 0.33mg (16.28%), Vitamin A: 813.37IU (16.27%), Potassium: 525.8mg (15.02%), Phosphorus: 137.87mg (13.79%), Vitamin C: 9.65mg (11.69%), Vitamin E: 1.7mg (11.33%), Magnesium: 44.81mg (11.2%), Iron: 1.97mg (10.93%), Vitamin B2: 0.18mg (10.56%), Calcium: 95.05mg (9.5%), Vitamin B6: 0.18mg (8.82%), Zinc: 0.82mg (5.49%), Vitamin B1: 0.08mg (5.09%), Vitamin B5: 0.5mg (4.97%), Vitamin B3: 0.63mg (3.15%), Selenium: 1.77µg (2.53%)