



Beet Carpaccio with Goat Cheese and Mint Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 24 inch beets trimmed
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 5 ounces goat cheese fresh crumbled soft
- ☐ 0.3 cup walnut oil
- ☐ 2 tablespoons shallots minced
- ☐ 1.5 teaspoons sugar

☐ 0.3 cup rice vinegar

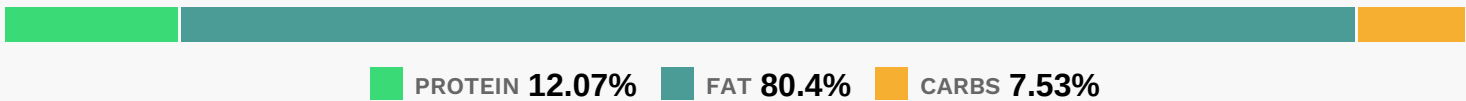
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 350°F. Line rimmed baking sheet with foil.
- ☐ Place beets on sheet (if using both light- and dark-colored beets, place them on separate sheets to prevent discoloration).
- ☐ Sprinkle beets lightly with water. Cover tightly with foil.
- ☐ Bake until beets are tender when pierced with fork, about 40 minutes. Cool on sheet. Peel beets. (Can be prepared 1 day ahead.
- ☐ Place in resealable plastic bag; chill.)
- ☐ Using cheese slicer or knife, slice beets very thinly. Slightly overlap slices on 6 plates, dividing equally.
- ☐ Sprinkle with cheese, then shallot, salt, and pepper.
- ☐ Whisk vinegar, mint, oil, and sugar in small bowl. Season with salt and pepper.
- ☐ Drizzle over beets.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:43.18, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:3.4521739197814%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 158.08kcal (7.9%), Fat: 14.12g (21.73%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.34g (0.85%), Sugar: 2.19g (2.44%), Cholesterol: 10.87mg (3.62%), Sodium: 96.38mg (4.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Copper: 0.2mg (9.76%), Vitamin A: 426.28IU (8.53%), Phosphorus: 69.9mg (6.99%), Vitamin B2: 0.1mg (6.07%), Manganese: 0.11mg (5.51%), Vitamin K: 5.38µg (5.13%), Folate: 19.64µg (4.91%), Calcium: 44.4mg (4.44%), Vitamin B6: 0.08mg (4.14%), Iron: 0.73mg (4.05%), Vitamin C: 2.53mg (3.06%), Fiber: 0.63g (2.53%), Magnesium: 9.66mg (2.41%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.2mg (2%), Potassium: 69.76mg (1.99%), Vitamin B1: 0.03mg (1.67%), Selenium: 0.86µg (1.23%)