



Beet-Citrus Salad with Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce ready-to-eat beets steamed rinsed drained cut into wedges
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup dry-roasted unsalted shelled
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange rind grated

☐

20 ounce citrus salad refrigerated drained (such as Del Monte)

Equipment

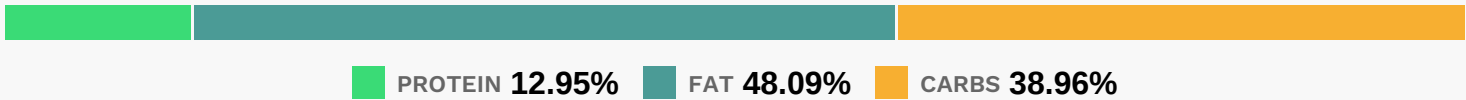
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whisk

Directions

- ☐ Combine first 6 ingredients; stir with a whisk.
- ☐ Add citrus and beets; toss gently.
- ☐ Sprinkle with pistachios.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:11.37434765567%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 127.29kcal (6.36%), Fat: 7.29g (11.22%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 10.82g (3.93%), Sugar: 5.15g (5.72%), Cholesterol: 0mg (0%), Sodium: 227.49mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin C: 40.5mg (49.1%), Vitamin A: 1670.78IU (33.42%), Folate: 120.84µg (30.21%), Manganese: 0.52mg (25.82%), Potassium: 529.45mg (15.13%), Vitamin B6: 0.24mg (12.14%), Phosphorus: 116.96mg (11.7%), Copper: 0.22mg (11.02%), Iron: 1.87mg (10.41%), Fiber: 2.48g (9.92%), Magnesium: 39.13mg (9.78%), Vitamin B1: 0.12mg (8.21%), Vitamin B2: 0.12mg (6.79%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.71mg (4.71%), Zinc: 0.69mg (4.63%), Calcium: 40.07mg (4.01%), Vitamin K: 3.46µg (3.3%), Vitamin B5: 0.32mg (3.17%), Selenium: 1.76µg (2.52%)