



Beet Napoleons

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds and/or beets red yellow
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 6 ounces goat cheese at room temperature
- ☐ 0.1 teaspoon kosher salt

Equipment

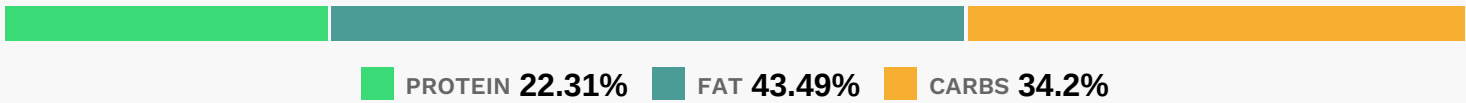
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat the oven to 400 F.
- ☐ Place 3 of the beets on a large sheet of foil and wrap tightly. Repeat with the remaining beets. Roast until tender, about 1 hour.
- ☐ Let cool for about 10 minutes. Using a small knife, peel each beet and trim the ends.
- ☐ Place a piece of parchment or plastic wrap on a cutting board. Slice the beets 1/8 to 1/4 inch thick; set aside to cool completely. Meanwhile, in a small bowl combine the goat cheese, chives, salt, and pepper. To assemble, place 1 beet slice on a platter.
- ☐ Spread 1/2 teaspoon of the cheese mixture over the beet. Top with another slice; repeat with one more slice of beet and 1 more teaspoon of the cheese mixture. You should have a stack of three slices of beet with some cheese mixture in between each slice. Repeat with the remaining beets and cheese mixture. Arrange the napoleons on a platter and drizzle with the chive puree.
- ☐ Serve immediately. Tip: To check a beet for doneness, insert the tip of a knife or the tines of a fork into the center. If there is no resistance, the beet is done.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:2.11, Inflammation Score:-3, Nutrition Score:3.3760870008365%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 53.23kcal (2.66%), Fat: 2.65g (4.08%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.31g (1.2%), Sugar: 3.41g (3.79%), Cholesterol: 5.59mg (1.86%), Sodium: 103.41mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Folate: 55.18µg (13.8%), Manganese: 0.18mg (8.85%), Copper: 0.13mg (6.34%), Fiber: 1.38g (5.53%), Phosphorus: 50.99mg (5.1%), Potassium: 163.46mg (4.67%), Vitamin B2: 0.07mg (3.91%), Iron: 0.63mg (3.52%), Vitamin A: 172.74IU (3.45%), Vitamin C: 2.8mg (3.39%), Magnesium: 13.45mg (3.36%), Vitamin B6: 0.06mg (3.2%), Calcium: 25.53mg (2.55%), Zinc: 0.29mg (1.91%), Vitamin K: 1.87µg (1.78%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.16mg (1.61%), Vitamin B3: 0.22mg (1.1%)