



Beet-Orange Salad with Ricotta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula
- ☐ 1.5 pounds beets
- ☐ 4 servings caraway seeds
- ☐ 2 navel oranges
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup part-skim ricotta cheese
- ☐ 1 pinch pepper
- ☐ 1 pinch salt

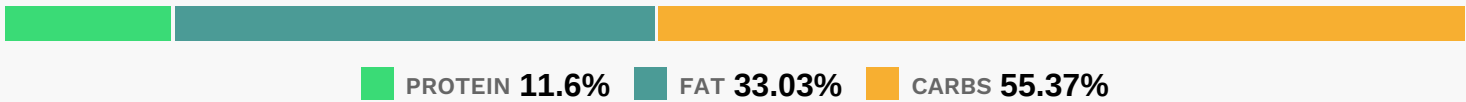
Equipment

- ☐ sauce pan

Directions

- ☐ Peel the beets, and cut them into wedges.
- ☐ Place beets in a large saucepan, and cover with water. Boil. Reduce heat, and simmer for 15 minutes, or until tender; drain. Finely grate 2 teaspoons orange rind. Peel and section the oranges, reserving 2 tablespoons juice.
- ☐ Combine orange rind, juice, olive oil, and a pinch each of salt and pepper.
- ☐ Place 1/2 cup arugula on each of 4 plates. Divide beets and orange sections among the plates, and drizzle with dressing. Top each serving with 1 tablespoon ricotta; sprinkle with caraway seeds.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:7.43, Inflammation Score:-8, Nutrition Score:14.551739033474%

Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 7.08g (10.9%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 19.87g (7.22%), Sugar: 17.71g (19.68%), Cholesterol: 4.8mg (1.6%), Sodium: 165.42mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin C: 51.41mg (62.32%), Folate: 221.03µg (55.26%), Manganese: 0.63mg (31.49%), Fiber: 6.85g (27.4%), Potassium: 739.19mg (21.12%), Magnesium: 56.47mg (14.12%), Vitamin K: 14.55µg (13.86%), Phosphorus: 123.42mg (12.34%), Calcium: 122.53mg (12.25%), Vitamin A: 529.62IU (10.59%), Iron: 1.86mg (10.33%), Vitamin B6: 0.18mg (9.17%), Copper: 0.18mg (8.86%), Vitamin B2: 0.14mg (8.52%), Vitamin B1: 0.11mg (7.46%), Vitamin E: 1.01mg (6.72%), Zinc: 0.96mg (6.41%), Selenium: 3.93µg (5.62%), Vitamin B5: 0.53mg (5.28%), Vitamin B3: 0.94mg (4.72%)