



Beet Red Salad

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 cup farro dry
- ☐ 3 ounces feta crumbled
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil
- ☐ 1 head radicchio thinly sliced
- ☐ 2 medium beets red canned peeled

- ☐ 1 small onion red sliced
- ☐ 3 tablespoons red-wine vinegar
- ☐ 0.5 teaspoon sugar

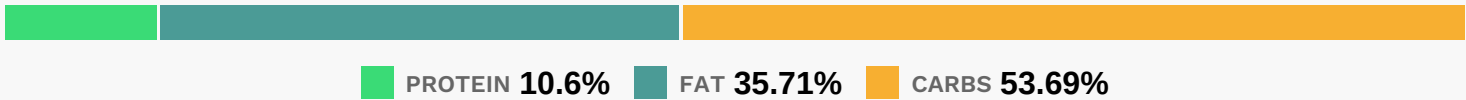
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Wrap beets in foil and place on rimmed baking sheet; bake 50–60 minutes.
- ☐ Let cool; peel and cut into wedges. (If using canned beets, cut into wedges and go to step)
- ☐ Cover farro with water and soak 30 minutes; drain. In a saucepan, combine farro, 3 cups water, and 1/4 teaspoon salt; boil. Reduce heat and simmer 15–20 minutes; drain.
- ☐ In a bowl, whisk together vinegar, oil, mustard, sugar, pepper, and remaining 1/4 teaspoon salt. Toss with remaining salad ingredients, arranging beets on top.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:3.23, Inflammation Score:-6, Nutrition Score:16.719999940499%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 17.95mg, Luteolin: 17.95mg, Luteolin: 17.95mg, Luteolin: 17.95mg Isorhamnetin: 0.92mg,

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.5mg, Quercetin: 18.5mg, Quercetin: 18.5mg, Quercetin: 18.5mg

Nutrients (% of daily need)

Calories: 262.59kcal (13.13%), Fat: 10.69g (16.44%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 28.58g (10.39%), Sugar: 5.49g (6.1%), Cholesterol: 12.62mg (4.21%), Sodium: 418.94mg (18.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin K: 124.67µg (118.73%), Manganese: 0.75mg (37.3%), Fiber: 7.58g (30.31%), Folate: 105.51µg (26.38%), Selenium: 15.75µg (22.51%), Copper: 0.36mg (17.84%), Phosphorus: 169.4mg (16.94%), Vitamin E: 2.12mg (14.16%), Potassium: 459.87mg (13.14%), Magnesium: 50.75mg (12.69%), Vitamin B6: 0.23mg (11.71%), Vitamin B2: 0.2mg (11.7%), Zinc: 1.64mg (10.96%), Calcium: 103.34mg (10.33%), Vitamin B3: 2.01mg (10.04%), Iron: 1.78mg (9.89%), Vitamin C: 7.91mg (9.58%), Vitamin B1: 0.12mg (8%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.24µg (3.99%), Vitamin A: 100.03IU (2%)