



Beet, Rhubarb, and Orange Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 inch beets red yellow
- 6 servings kosher salt
- 1.3 cups feta cheese crumbled (one 7-ounce package)
- 1 teaspoon honey
- 1 tablespoon juice of lemon fresh
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 3 large cranberry-orange relish
- 1 pound rhubarb trimmed

- 1 tablespoon shallots minced
- 0.5 cup sugar
- 2 tablespoons rice vinegar
- 3 cups water
- 3 cups watercress

Equipment

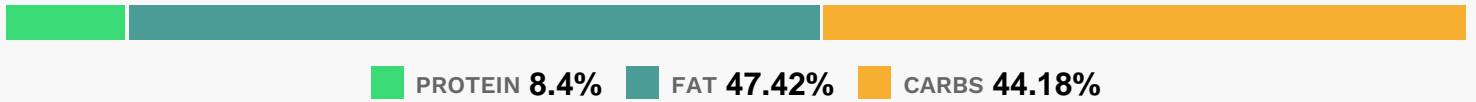
- bowl
- oven
- knife
- whisk
- aluminum foil
- slotted spoon

Directions

- Preheat oven to 400°F.
- Place beets on large sheet of foil.
- Drizzle with 1 tablespoon olive oil; sprinkle with coarse salt. Wrap beets in foil. Roast beets until tender when pierced with fork, about 1 hour. Unwrap and cool beets. Peel, then cut each into 8 wedges.
- Bring 3 cups water, 1/2 cup sugar, and pinch of coarse salt to simmer in large saucepan, stirring until sugar dissolves.
- Add rhubarb. Simmer over medium heat until just tender but still intact, 1 to 2 minutes (do not overcook or rhubarb will be mushy). Using slotted spoon, transfer rhubarb to platter and cool completely. **DO AHEAD:** Beets and rhubarb can be made 1 day ahead. Cover separately and chill.
- Finely grate enough peel from 1 orange to measure 1/2 teaspoon; transfer to small bowl and reserve for dressing.
- Cut off peel and white pith from all oranges. Working over medium bowl to catch juice and using small sharp knife, cut between membranes to release orange segments into bowl; squeeze membranes to release juice into bowl.

- Transfer 2 tablespoons orange juice to bowl with orange peel.
- Whisk vinegar, lemon juice, shallot, honey, and remaining 3 tablespoons olive oil into bowl with orange peel and orange juice mixture. Season dressing with coarse salt and pepper.
- Arrange watercress, beets, rhubarb, and orange segments on 6 plates.
- Sprinkle with feta and drizzle with dressing.
- Garnish with chervil leaves, if desired, and serve.
- Per serving: 300.2 kcal calories,
- 9 % calories from fat, 16.3 g fat,
- 0 g saturated fat,
- 8 mg cholesterol,
- 4 g carbohydrates,
- 7 g total sugars,
- 2 g net carbohydrates,
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:63.48, Glycemic Load:16.81, Inflammation Score:-8, Nutrition Score:16.186087134092%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 25.43mg, Hesperetin: 25.43mg, Hesperetin: 25.43mg, Hesperetin: 25.43mg Naringenin: 14.13mg, Naringenin: 14.13mg, Naringenin: 14.13mg, Naringenin: 14.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 299.64kcal (14.98%), Fat: 16.4g (25.24%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 30.48g (11.08%), Sugar: 27.71g (30.79%), Cholesterol: 27.81mg (9.27%), Sodium: 571.96mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin C: 63.74mg (77.26%), Vitamin K: 70.86µg (67.48%), Calcium: 282.45mg (28.24%), Vitamin B2: 0.35mg (20.63%), Vitamin A: 960.91IU (19.22%), Fiber: 3.91g (15.63%), Phosphorus: 143.15mg (14.31%), Potassium: 491.05mg (14.03%), Folate: 52.89µg (13.22%), Vitamin E: 1.95mg (12.98%), Manganese: 0.25mg (12.69%), Vitamin B6: 0.24mg (11.97%), Vitamin B1: 0.16mg (10.82%), Selenium: 6.34µg (9.05%), Vitamin B12: 0.53µg (8.8%), Magnesium: 31.1mg (7.78%), Zinc: 1.11mg (7.38%), Vitamin B5: 0.67mg (6.69%), Copper: 0.11mg (5.41%), Vitamin B3: 0.86mg (4.3%), Iron: 0.64mg (3.56%)