



Beet Root Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups beets canned drained sliced
- 0.3 cup parsley leaves fresh chopped
- 0.3 grapeseed oil
- 1 onion red sliced
- 0.3 cup red wine vinegar
- 6 servings salt and pepper

Equipment

- bowl

Directions

- Place all ingredients in salad bowl. Toss gently, season with salt and pepper, cover and refrigerate for 1 hour.
- Serve in a family style bowl.

Nutrition Facts

PROTEIN 5.41% **FAT 1.75%** **CARBS 92.84%**

Properties

Glycemic Index:18.83, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:5.4795651358107%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 84.27kcal (4.21%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.1g (6.94%), Sugar: 13.28g (14.76%), Cholesterol: 0mg (0%), Sodium: 365.83mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 41.41µg (39.44%), Manganese: 0.28mg (14.12%), Folate: 37.93µg (9.48%), Vitamin C: 7.34mg (8.9%), Copper: 0.14mg (7.18%), Vitamin A: 266.58IU (5.33%), Fiber: 1.3g (5.21%), Magnesium: 20.51mg (5.13%), Potassium: 175.07mg (5%), Vitamin B6: 0.08mg (4.05%), Iron: 0.71mg (3.92%), Vitamin B2: 0.06mg (3.64%), Phosphorus: 26.86mg (2.69%), Zinc: 0.36mg (2.38%), Calcium: 20.87mg (2.09%), Vitamin B5: 0.19mg (1.88%), Selenium: 1.23µg (1.76%), Vitamin B3: 0.34mg (1.69%), Vitamin B1: 0.02mg (1.46%)