



Beet Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- 5 beets
- 0.5 cup dill pickle chopped
- 0.3 cup mayonnaise
- 0.5 cup prune- cut to pieces pitted chopped
- 0.5 cup walnuts chopped

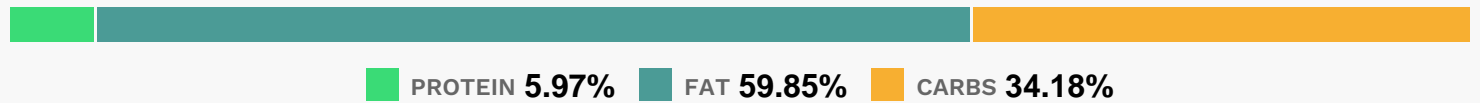
Equipment

- bowl
- sauce pan

Directions

- Place the beets into a large saucepan with enough water to cover the beets by 1 inch. Bring to a boil. Reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 40 minutes; drain. Chill beets in refrigerator until cool enough to handle.
- Peel the beets and grate into a large bowl. Stir the prunes, walnuts, and pickle with the beets.
- Add the mayonnaise and stir until all the ingredients are evenly coated. Chill completely before serving.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:5.51, Inflammation Score:-4, Nutrition Score:7.8278260875655%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 192.85kcal (9.64%), Fat: 13.56g (20.86%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 13.71g (4.99%), Sugar: 10.6g (11.78%), Cholesterol: 3.92mg (1.31%), Sodium: 209.34mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Manganese: 0.61mg (30.36%), Vitamin K: 26.24µg (24.99%), Folate: 86.04µg (21.51%), Fiber: 3.72g (14.86%), Copper: 0.25mg (12.59%), Potassium: 386.43mg (11.04%), Magnesium: 37.99mg (9.5%), Phosphorus: 74.94mg (7.49%), Vitamin B6: 0.13mg (6.63%), Iron: 1.01mg (5.62%), Vitamin C: 3.81mg (4.62%), Vitamin B2: 0.08mg (4.56%), Vitamin B1: 0.07mg (4.56%), Zinc: 0.63mg (4.21%), Calcium: 33.9mg (3.39%), Vitamin A: 165.62IU (3.31%), Vitamin E: 0.48mg (3.19%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.24mg (2.45%), Selenium: 1.21µg (1.73%)