



Beet Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 4 servings pepper black freshly ground
- 2 ounces lowfat goat cheese
- 16 ounces golden beets red
- 1 tablespoon sunflower-seed oil
- 0.3 cup walnuts chopped

Equipment

- oven

aluminum foil

Directions

Heat oven to 400°F. Wrap each beet in foil. Roast until soft, about 1 hour. Cool slightly; remove foil. Rub off skins; cut into wedges. Toss with nuts and vinegar. Season with salt and pepper.

Add oil; toss. Divide among 4 plates; crumble cheese on top.

Self

Nutrition Facts



PROTEIN 12.25% **FAT 61.2%** **CARBS 26.55%**

Properties

Glycemic Index:41.5, Glycemic Load:5.4, Inflammation Score:-5, Nutrition Score:8.8278261034385%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 186.4kcal (9.32%), Fat: 13.24g (20.37%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 9.07g (3.3%), Sugar: 8.65g (9.61%), Cholesterol: 6.52mg (2.17%), Sodium: 141.75mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.93%), Manganese: 0.74mg (36.91%), Folate: 134.88µg (33.72%), Copper: 0.35mg (17.31%), Fiber: 3.85g (15.41%), Potassium: 421.04mg (12.03%), Phosphorus: 116.3mg (11.63%), Magnesium: 44.41mg (11.1%), Iron: 1.5mg (8.33%), Vitamin B6: 0.16mg (8.2%), Vitamin C: 5.68mg (6.89%), Vitamin B2: 0.11mg (6.71%), Zinc: 0.83mg (5.55%), Vitamin E: 0.79mg (5.25%), Vitamin B1: 0.08mg (5.23%), Calcium: 49.07mg (4.91%), Vitamin A: 186.34IU (3.73%), Vitamin B5: 0.33mg (3.29%), Vitamin B3: 0.55mg (2.75%), Selenium: 1.67µg (2.39%)