



Beet Salad with Almond Butter and Gorgonzola Bomboloni



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted
- ☐ 1.5 pounds beets with greens) (2-inch)
- ☐ 1 pinch ground pepper
- ☐ 3 tablespoons chives finely chopped
- ☐ 6 servings sea salt
- ☐ 0.5 garlic clove chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 3 tablespoons shallots finely chopped
- ☐ 2 tablespoons sherry vinegar

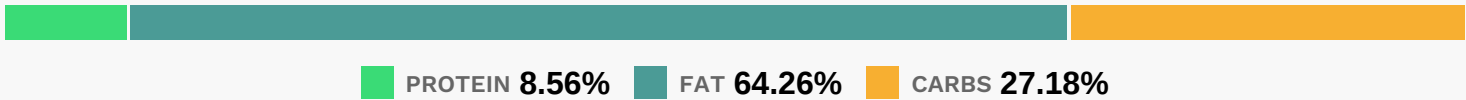
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Grind almonds to a paste with garlic, 1/4 teaspoon salt, and cayenne in a food processor. With motor running, add just enough oil to make a silky paste. Season with salt.
- ☐ Simmer beets in 3 inches of water in a large saucepan, covered, until tender, about 30 minutes. Cool in liquid, uncovered, about 30 minutes, then peel and cut into 1/2-inch wedges.
- ☐ Whisk together vinegar and 1/2 teaspoon salt in a bowl, then whisk in oil.
- ☐ Add shallot and chives and toss with beets.
- ☐ Divide almond butter among 6 plates and top with beet salad. Put a bombolone on each salad and sprinkle lightly with sea salt.
- ☐ Serve remaining bomboloni on the side.
- ☐ • Almond butter can be made 3 days ahead and chilled, covered. Bring to room temperature before using. • Beet salad, without chives, can be made 1 day ahead and chilled, covered. Bring to room temperature and stir in chives before serving.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:5.26, Inflammation Score:-5, Nutrition Score:10.161739173143%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 202.74kcal (10.14%), Fat: 15.16g (23.32%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 9.55g (3.47%), Sugar: 8.61g (9.57%), Cholesterol: 0mg (0%), Sodium: 283.63mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Manganese: 0.67mg (33.64%), Folate: 132.15µg (33.04%), Vitamin E: 4.4mg (29.35%), Fiber: 4.87g (19.49%), Magnesium: 60.23mg (15.06%), Potassium: 480.45mg (13.73%), Vitamin B2: 0.18mg (10.84%), Copper: 0.22mg (10.8%), Phosphorus: 107.38mg (10.74%), Vitamin K: 8.9µg (8.47%), Vitamin C: 6.94mg (8.42%), Iron: 1.51mg (8.41%), Vitamin B6: 0.12mg (5.76%), Calcium: 54.42mg (5.44%), Zinc: 0.8mg (5.35%), Vitamin B1: 0.06mg (4.29%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.25mg (2.53%), Vitamin A: 109.99IU (2.2%), Selenium: 1.39µg (1.99%)