



Beet Salad with Curried Walnuts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 3 cups arugula
- ☐ 1.3 pounds beets
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons curry powder
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup mirin (rice wine)
- ☐ 1 tablespoon olive oil

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 shallots minced
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup walnut halves toasted coarsely chopped

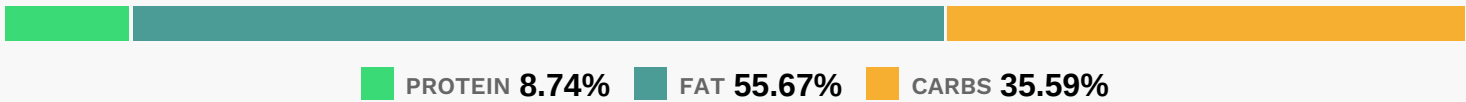
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Trim beets, leaving roots and 1" stems. Scrub beets with a vegetable brush.
- ☐ Place beets in a medium saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 35 to 40 minutes or until tender.
- ☐ Drain; rinse with cold water, and drain again. Trim stems and roots, and rub off skins.
- ☐ Cut beets into 1" pieces.
- ☐ Combine minced shallot and next 4 ingredients in a large bowl.
- ☐ Add beets; toss. Cover and chill 1 hour.
- ☐ Melt butter in a skillet over medium heat.
- ☐ Add curry powder, sugar, and 1/4 teaspoon salt; cook 1 minute.
- ☐ Add walnuts, and cook, stirring constantly, 2 minutes.
- ☐ Toss greens in olive oil; divide among 6 plates. Top with beet salad and curried walnuts.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:6.01, Inflammation Score:-7, Nutrition Score:11.359565155986%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 175.76kcal (8.79%), Fat: 10.89g (16.75%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11.63g (4.23%), Sugar: 9.54g (10.6%), Cholesterol: 0mg (0%), Sodium: 395.77mg (17.21%), Alcohol: 1.61g (100%), Alcohol %: 1.3% (100%), Protein: 3.85g (7.69%), Vitamin K: 45.09µg (42.94%), Manganese: 0.76mg (37.98%), Folate: 121.37µg (30.34%), Vitamin C: 16.25mg (19.69%), Fiber: 4.03g (16.11%), Vitamin A: 737.22IU (14.74%), Potassium: 465.15mg (13.29%), Copper: 0.26mg (12.99%), Magnesium: 46.61mg (11.65%), Phosphorus: 92.01mg (9.2%), Vitamin B6: 0.18mg (8.99%), Iron: 1.49mg (8.27%), Vitamin B1: 0.09mg (5.86%), Calcium: 57.27mg (5.73%), Vitamin E: 0.85mg (5.64%), Zinc: 0.74mg (4.91%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.3mg (2.96%), Vitamin B3: 0.53mg (2.67%), Selenium: 1.67µg (2.38%)