



Beet Salad with Pea Shoots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- 3 tbsp chives fresh chopped
- 1.5 teaspoons kosher salt divided
- 2 tbsp juice of lemon
- 0.3 cup olive oil extra-virgin
- 0.5 pound pea shoots snipped trimmed
- 0.5 teaspoon pepper
- 5 medium beets red unpeeled
- 0.5 shallots minced

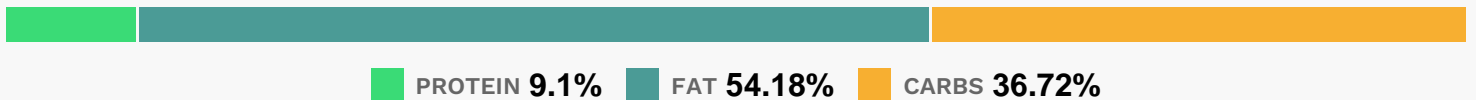
Equipment

- bowl
- oven
- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 40
- Scrub beets and put in a baking pan large enough to arrange them in a single layer.
- Sprinkle with 1 tsp. salt. Cover with foil and roast until tender when pierced with the tip of a small, sharp knife, about 1 hour.
- Cool beets until cool enough to handle. Peel and cut into 1/2-in.-thick wedges.
- Combine pea shoots, shallot, chives, oil, lemon juice, and remaining 1/2 tsp. salt in a large bowl. Top with beets, avocados, and pepper, tossing just to coat.
- Make ahead: Roasted beets, up to 1 day (peel and slice just before making salad).

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:9.37, Inflammation Score:-7, Nutrition Score:14.102173888165%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 226.12kcal (11.31%), Fat: 14.25g (21.92%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 15.42g (5.61%), Sugar: 14.96g (16.62%), Cholesterol: 0mg (0%), Sodium: 1049.98mg (45.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.77%), Vitamin C: 53.99mg (65.45%), Folate: 236.59µg (59.15%), Manganese: 0.75mg (37.58%), Fiber: 7.33g (29.3%), Potassium: 719.09mg (20.55%), Vitamin E: 2.05mg (13.66%), Vitamin K: 13.78µg (13.12%), Magnesium: 51.38mg (12.84%), Iron: 1.89mg (10.48%), Phosphorus: 89.18mg (8.92%), Copper: 0.17mg (8.54%), Vitamin A: 400.78IU (8.02%), Vitamin B6: 0.16mg (8.02%), Vitamin B2: 0.09mg (5.28%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.77%), Calcium: 39.46mg (3.95%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.36mg (3.59%), Selenium: 1.57µg (2.24%)