



Beet Salad with Watercress and Fresh Pecorino



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



20

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds beets peeled very thinly sliced preferably Chioggia
- ☐ 0.8 cup olive oil extra-virgin plus more for rubbing
- ☐ 0.3 cup orange juice fresh
- ☐ 6 ounces young pecorino cheese such as toscana or sardo, shaved
- ☐ 20 servings salt and pepper black freshly ground
- ☐ 18 ounces watercress thick
- ☐ 0.3 cup balsamic vinegar white

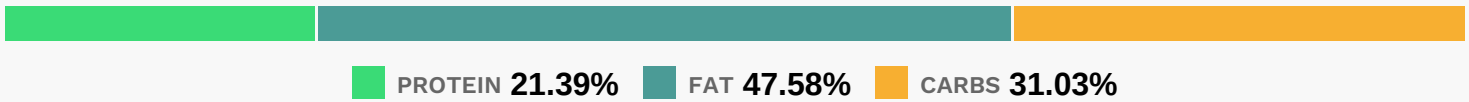
Equipment

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

Directions

- ☐ Preheat the oven to 35
- ☐ In a small baking dish, rub the whole beets with olive oil and season with salt and pepper. Cover the baking dish tightly with aluminum foil and roast the beets for about 1 hour and 15 minutes, until they are tender when pierced with a knife.
- ☐ Let cool, then peel the beets and cut them into wedges.
- ☐ In a large bowl, whisk the 3/4 cup of olive oil with the orange juice and balsamic vinegar; season the dressing with salt and pepper.
- ☐ Add the roasted beet wedges, shaved beets, watercress and shaved Pecorino and toss well to coat.
- ☐ Transfer to a large platter and serve right away.

Nutrition Facts



Properties

Glycemic Index:12.85, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:8.433478175298%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg

Kaempferol: 5.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 74kcal (3.7%), Fat: 4.02g (6.19%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.47g (1.63%), Sugar: 3.92g (4.35%), Cholesterol: 8.85mg (2.95%), Sodium: 148.72mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin K: 65.21µg (62.1%), Vitamin C: 14.74mg (17.87%), Vitamin A: 871.18IU (17.42%), Folate: 53.28µg (13.32%), Calcium: 130.03mg (13%), Manganese: 0.23mg (11.53%), Phosphorus: 99.38mg (9.94%), Potassium: 250.04mg (7.14%), Fiber: 1.43g (5.72%), Magnesium: 20.17mg (5.04%), Vitamin B2: 0.08mg (4.78%), Vitamin B6: 0.07mg (3.6%), Vitamin E: 0.53mg (3.52%), Copper: 0.06mg (2.99%), Iron: 0.53mg (2.93%), Vitamin B1: 0.04mg (2.87%), Zinc: 0.41mg (2.74%), Selenium: 1.79µg (2.55%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.1µg (1.59%), Vitamin B3: 0.22mg (1.11%)