

## Beet Summer Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 15 ounce beets diced drained sliced canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 servings ground pepper black to taste
- ☐ 2 servings kosher salt to taste
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup watermelon chopped

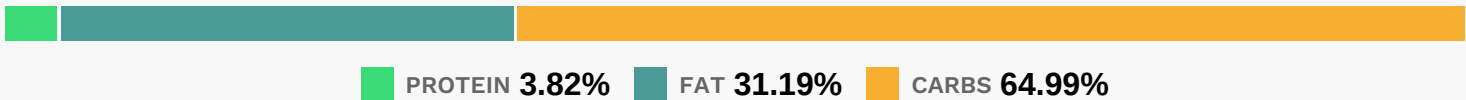
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Mix beets, watermelon, and cilantro together in a bowl.
- ☐ Whisk sour cream, balsamic vinegar, olive oil, salt, and pepper together in a small bowl; pour over beet mixture. Toss to coat. Refrigerate 30 minutes before serving.

# Nutrition Facts



# Properties

Glycemic Index:94.33, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:6.6517391399197%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

# Nutrients (% of daily need)

Calories: 236.53kcal (11.83%), Fat: 8.48g (13.04%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 37.93g (13.79%), Sugar: 26.99g (29.99%), Cholesterol: 4.2mg (1.4%), Sodium: 524.77mg (22.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Manganese: 0.51mg (25.55%), Folate: 59.56µg (14.89%), Copper: 0.26mg (13.15%), Magnesium: 37.19mg (9.3%), Potassium: 312.68mg (8.93%), Vitamin C: 6.65mg (8.05%), Vitamin E: 1.19mg (7.95%), Fiber: 1.81g (7.25%), Vitamin B2: 0.12mg (7.13%), Iron: 1.1mg (6.1%), Vitamin K: 6.33µg (6.03%), Vitamin B6: 0.12mg (5.91%), Vitamin A: 279.19IU (5.58%), Phosphorus: 50.15mg (5.01%), Calcium: 46.86mg (4.69%), Zinc: 0.65mg (4.32%), Selenium: 2.58µg (3.69%), Vitamin B5: 0.34mg (3.37%), Vitamin B3: 0.58mg (2.91%), Vitamin B1: 0.03mg (2.18%)