



Beets Sumac



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 4 large boston lettuce leaves rinsed
- ☐ 15 oz beets drained sliced chopped canned
- ☐ 0.5 teaspoon thyme leaves dried fresh
- ☐ 4 servings salt and fresh-ground pepper
- ☐ 1 teaspoon ground sumac (see notes)
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 teaspoon sesame seed white black (see notes)

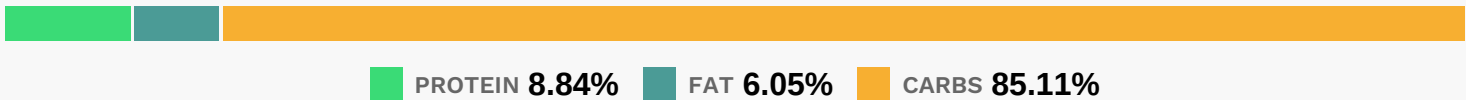
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 6- to 8-inch frying pan over medium-high heat, stir or shake white sesame seed until golden, 4 to 5 minutes (don't toast black sesame seed).
- ☐ Pour into a small bowl.
- ☐ To sesame seed, add beets, yogurt, onion, sumac, and thyme; mix.
- ☐ Arrange a lettuce leaf on each plate and mound beet salad equally onto leaves.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:5.1760869492655%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 85.82kcal (4.29%), Fat: 0.61g (0.94%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.19g (6.62%), Sugar: 13.13g (14.59%), Cholesterol: 0.92mg (0.31%), Sodium: 363.94mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin K: 15.71µg (14.97%), Manganese: 0.28mg (14.24%), Vitamin A: 568.72IU (11.37%), Folate: 42.89µg (10.72%), Copper: 0.15mg (7.58%), Potassium: 204.99mg (5.86%), Magnesium: 23.16mg (5.79%), Vitamin B2: 0.1mg (5.7%), Calcium: 52.12mg (5.21%), Phosphorus: 49.93mg (4.99%), Fiber: 1.19g (4.78%), Vitamin C: 3.89mg (4.72%), Iron: 0.76mg (4.24%), Vitamin B6: 0.08mg (4.19%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.27mg (2.66%), Selenium: 1.86µg (2.65%), Vitamin B1: 0.03mg (2.15%), Vitamin B3: 0.37mg (1.85%), Vitamin B12: 0.09µg (1.43%)