



Beets with Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds beets peeled halved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons shallots sliced

Equipment

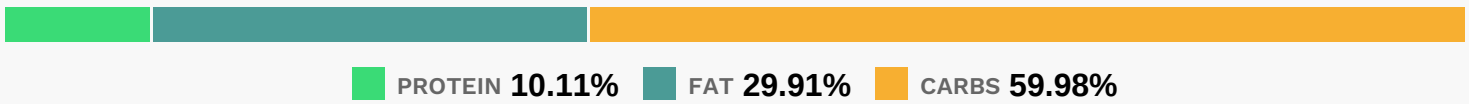
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ microwave

Directions

- ☐ Wrap beets in parchment paper. Microwave at HIGH until tender (about 7 minutes).
- ☐ Let stand 5 minutes.
- ☐ Cut into 1-inch pieces.
- ☐ Combine shallots and remaining ingredients in a medium bowl; stir well with a whisk.
- ☐ Add beets; toss gently to coat.
- ☐ Variation 1
- ☐ Blood Orange Salad: Prepare base recipe through step Section 1 blood orange over a bowl; squeeze to juice.
- ☐ Place sections in a bowl.
- ☐ Add 2 tablespoons toasted walnut oil, 2 tablespoons minced shallots, 1/2 teaspoon Dijon mustard, 1/4 teaspoon pepper, and 1/8 teaspoon salt to juice; stir.
- ☐ Add beets, 2 cups greens, and orange sections; toss. Top with 1/3 cup chopped unsalted, dry-roasted pistachios and 2 tablespoons goat cheese.
- ☐ Serves 4 (serving size: about 3/4 cup)
- ☐ Calories 229; Fat 3g (sat 7g); Sodium 247mg
- ☐ Variation 2
- ☐ Couscous, Mint, and Almond: Prepare base recipe through step 1 with 1 pound beets. Bring 1/3 cup plus 2 tablespoons water to a boil.
- ☐ Add 1/3 cup couscous; cover.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Combine 2 tablespoons minced shallots, 2 tablespoons olive oil, 2 teaspoons lemon juice, 1/2 teaspoon Dijon, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add beets and couscous. Top with 1/4 cup sliced almonds and 3 tablespoons mint.

- ☐ Serves 4 (serving size: about 2/3 cup) Calories 201; Fat 9g (sat 2g); Sodium 254mg
- ☐ Variation 3
- ☐ Toasted Spices: Prepare base recipe through step
- ☐ Heat a saucepan over medium-high heat.
- ☐ Add 2 tablespoons olive oil, 2 tablespoons minced shallots, 1 teaspoon brown mustard seeds, 1 teaspoon minced ginger, 1/2 teaspoon cumin seeds, and 1 diced carrot; cook 2 minutes.
- ☐ Add 1 tablespoon rice vinegar, 1/4 teaspoon black pepper, 1/8 teaspoon salt, and 1/8 teaspoon ground red pepper.
- ☐ Add beets.
- ☐ Sprinkle with 3 tablespoons cilantro.
- ☐ Serves 4 (serving size: about 2/3 cup) Calories 147; Fat 3g (sat 1g); Sodium 218mg

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:7.58, Inflammation Score:-5, Nutrition Score:8.3956521956817%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 109.45kcal (5.47%), Fat: 3.82g (5.88%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 12.25g (4.45%), Sugar: 11.9g (13.22%), Cholesterol: 0mg (0%), Sodium: 213.37mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Folate: 187.17µg (46.79%), Manganese: 0.6mg (29.78%), Fiber: 4.98g (19.92%), Potassium: 574.36mg (16.41%), Vitamin C: 8.77mg (10.62%), Magnesium: 40.91mg (10.23%), Iron: 1.49mg (8.27%), Phosphorus: 72.36mg (7.24%), Copper: 0.13mg (6.74%), Vitamin B6: 0.13mg (6.6%), Zinc: 0.62mg (4.15%), Vitamin B2: 0.07mg (4.1%), Vitamin E: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.8%), Calcium: 30.43mg (3.04%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.28mg (2.82%), Vitamin K: 2.7µg (2.57%), Selenium: 1.47µg (2.1%), Vitamin A: 57.46IU (1.15%)