



Beets with Walnuts, Goat Cheese, and Baby Greens

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 8 cups baby salad greens mixed
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 medium beets red (and golden)

- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 1 cup water
- ☐ 1 tablespoon balsamic vinegar white

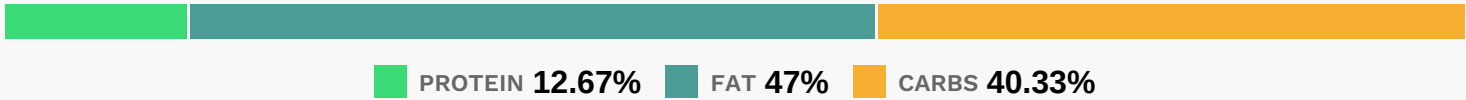
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place beets and 1 cup water in a 13 x 9-inch glass or ceramic baking dish; cover tightly with foil.
- ☐ Bake at 375 for 1 hour and 30 minutes or until tender. Cool beets slightly. Trim off roots; rub off skins.
- ☐ Cut beets into wedges; cool completely.
- ☐ Place greens and parsley in a large bowl; toss.
- ☐ Combine vinegar, salt, and pepper, stirring with a whisk. Gradually drizzle in oil, stirring constantly with a whisk.
- ☐ Drizzle dressing over greens mixture; toss gently. Arrange 1 cup salad on each of 8 plates; top evenly with beets. Top each serving with 1 tablespoon cheese and 1 1/2 teaspoons nuts.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:5.82, Inflammation Score:-8, Nutrition Score:15.226956519096%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 139.4kcal (6.97%), Fat: 7.68g (11.82%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 10.75g (3.91%), Sugar: 9.14g (10.16%), Cholesterol: 3.26mg (1.09%), Sodium: 214.9mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin K: 125.69µg (119.71%), Folate: 169.62µg (42.4%), Manganese: 0.63mg (31.65%), Vitamin C: 25.55mg (30.97%), Vitamin A: 1202.56IU (24.05%), Fiber: 4.08g (16.31%), Potassium: 545.81mg (15.59%), Copper: 0.24mg (12.15%), Magnesium: 45.03mg (11.26%), Iron: 2.02mg (11.22%), Phosphorus: 102.22mg (10.22%), Vitamin B6: 0.16mg (8.09%), Vitamin B2: 0.11mg (6.52%), Zinc: 0.79mg (5.29%), Calcium: 51.24mg (5.12%), Vitamin B1: 0.08mg (5.03%), Vitamin E: 0.65mg (4.34%), Vitamin B3: 0.82mg (4.08%), Vitamin B5: 0.35mg (3.46%), Selenium: 1.44µg (2.06%)