



## Best Beet Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

## Ingredients

- ☐ 1 bunch beets
- ☐ 2 eggs
- ☐ 0.5 cup mayonnaise
- ☐ 6 servings salt and pepper black to taste

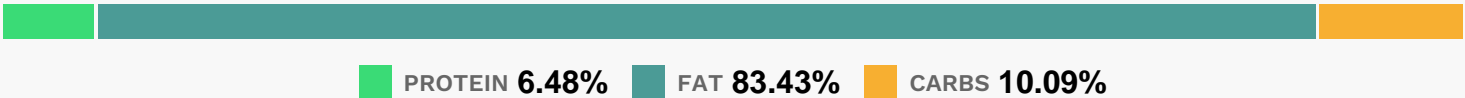
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife

# Directions

- ☐ Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel, and chop.
- ☐ Before cooking the beets, wash them gently under cold water, being careful not to pierce the thin skin.
- ☐ Place in a saucepan and cover with cold water. Bring water to a boil and cook until they pierce easily with a thin knife, about 15 minutes.
- ☐ To peel cooked beets, cut off both ends, then hold the beets under cold running water and slip off the skins. Leave to cool until able to handle, then grate them into a medium bowl.
- ☐ Add eggs, mayonnaise, salt and pepper; mix gently. Cover and chill for at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:1.86, Inflammation Score:-2, Nutrition Score:4.8556522182796%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 165.82kcal (8.29%), Fat: 15.43g (23.74%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.03g (1.1%), Sugar: 2.98g (3.31%), Cholesterol: 62.4mg (20.8%), Sodium: 365.65mg (15.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 30.55µg (29.1%), Folate: 53.24µg (13.31%), Selenium: 5.22µg (7.46%), Manganese: 0.14mg (7.15%), Vitamin E: 0.78mg (5.22%), Vitamin B2: 0.09mg (5.13%), Phosphorus: 49.63mg (4.96%), Fiber: 1.17g (4.67%), Potassium: 159.43mg (4.56%), Iron: 0.63mg (3.5%), Vitamin B5: 0.32mg (3.22%), Magnesium: 11.53mg (2.88%), Vitamin B6: 0.05mg (2.72%), Vitamin B12: 0.15µg (2.55%), Vitamin C: 2.04mg (2.47%), Zinc: 0.36mg (2.42%), Copper: 0.05mg (2.28%), Vitamin D: 0.33µg (2.2%), Vitamin A: 105.08IU (2.1%), Calcium: 16.49mg (1.65%), Vitamin B1: 0.02mg (1.38%)