



Chicory and Roasted Beet Salad with Blue Cheese Dressing



Vegetarian



Vegan



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound beets trimmed
- ☐ 6 servings cheese dressing blue
- ☐ 6 cups salad leaves curly endive (curly endive)
- ☐ 2 cups bread french cubed () (3 ounces)

Equipment

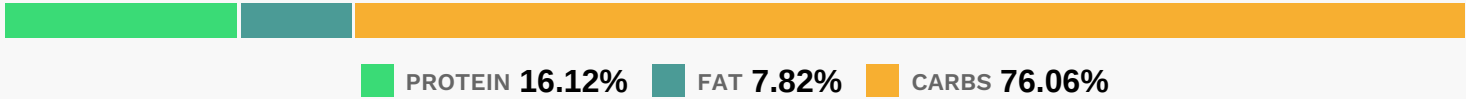
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Leave root and 1 inch stem on beets; scrub with a brush.
- ☐ Place beets on a baking sheet.
- ☐ Bake at 425 for 1 hour or until tender. Cool slightly. Trim off beet roots; rub off skins.
- ☐ Cut each beet into 8 wedges.
- ☐ Place bread cubes on a jelly roll pan; lightly coat bread cubes with cooking spray.
- ☐ Bake at 425 for 7 minutes or until golden.
- ☐ Combine croutons with chicory in a large bowl.
- ☐ Add dressing; toss to coat. Top with beets.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:34, Inflammation Score:-9, Nutrition Score:23.170869414249%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 251.38kcal (12.57%), Fat: 2.23g (3.43%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 43.41g (15.78%), Sugar: 7.85g (8.73%), Cholesterol: 0.01mg (0%), Sodium: 550.87mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin K: 149.52µg (142.4%), Vitamin A: 2877.24IU (57.54%), Folate: 213.83µg (53.46%), Manganese: 0.81mg (40.71%), Vitamin B1: 0.61mg (40.51%), Selenium: 23.12µg (33.03%), Vitamin B2: 0.41mg (24.14%), Iron: 3.99mg (22.18%), Fiber: 5.32g (21.29%), Vitamin B3: 4.24mg (21.21%), Vitamin C: 14.78mg (17.92%), Copper: 0.31mg (15.5%), Potassium: 486.59mg (13.9%), Magnesium:

53.35mg (13.34%), Phosphorus: 129.82mg (12.98%), Calcium: 100.97mg (10.1%), Vitamin B5: 0.93mg (9.31%),
Vitamin E: 1.32mg (8.81%), Vitamin B6: 0.18mg (8.75%), Zinc: 1.23mg (8.21%)