



WHATSheATE



Chioggia Beet Salad with Ricotta Salata and Hazelnuts



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 6 small beets peeled very thin sliced
- ☐ 0.5 cup hazelnuts toasted roughly chopped
- ☐ 0.3 cup meyer lemon juice
- ☐ 0.3 cup mint leaves
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup pecorino crumbled

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0.5 teaspoon salt

Equipment

☐

bowl

☐

whisk

Directions

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Whisk together lemon juice, oil, salt, and pepper in a large bowl.

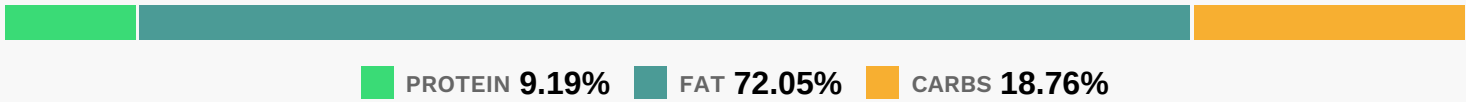
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Add beets and toss to coat evenly.

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Sprinkle with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:9.3165218376595%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 214.33kcal (10.72%), Fat: 17.93g (27.59%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.82g (6.46%), Cholesterol: 10.54mg (3.51%), Sodium: 270.53mg (11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Manganese: 0.9mg (44.99%), Folate: 99.71µg (24.93%), Vitamin E: 2.86mg (19.1%), Fiber: 3.27g (13.09%), Copper: 0.24mg (12.08%), Vitamin C: 8.84mg (10.71%), Potassium: 355.83mg (10.17%), Magnesium: 38.08mg (9.52%), Phosphorus: 93.97mg (9.4%), Iron: 1.31mg (7.29%), Calcium: 71.93mg (7.19%), Vitamin K: 7.35µg (7%), Vitamin B1: 0.09mg (6.29%), Vitamin B6: 0.12mg (6.14%), Selenium: 3.78µg (5.39%), Vitamin B2: 0.09mg (5.19%), Zinc: 0.77mg (5.16%), Vitamin A: 199.43IU (3.99%), Vitamin

B5: 0.27mg (2.73%), Vitamin B3: 0.49mg (2.47%), Vitamin B12: 0.07µg (1.17%)