



Citrus Beet Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients

- 5 medium beets
- 1 Tbsp olive oil
- 1 Tsp balsamic vinegar
- 1 grapefruit peeled
- 1 cup sprouts
- 0.3 cup pumpkin seeds
- 0.3 cup goat cheese crumbled

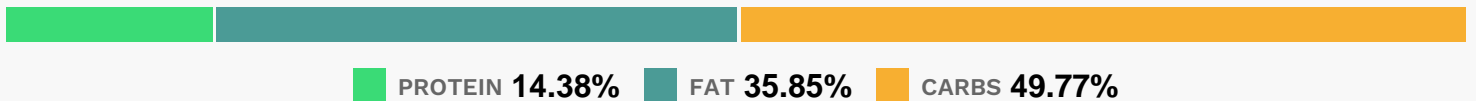
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Wash beets and pat dry.
- Place beets on a sheet of aluminum foil and drizzle with olive oil. Fold foil around the beets to create a sealed pouch.
- Place the pouch on a cookie sheet and bake until beets are tender. Cooking time varies on the size of the beets. After 30 minutes, pierce the beets with a fork. If they are still hard, return to the oven and test them every 15 minutes until they are tender.
- Remove from oven and stand until they are cool enough to handle. Use your hands to peel away the skin. Slice into bite size wedges and drizzle with balsamic vinegar.
- Line the bottom of a large bowl with sprouts and top with beets and grapefruit.
- Sprinkle with pumpkin seeds and goat cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:10.78, Inflammation Score:-8, Nutrition Score:15.71652173913%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Taste

Sweetness: 95.57%, Saltiness: 25.82%, Sourness: 71.6%, Bitterness: 100%, Savoriness: 26.92%, Fattiness: 36.84%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 212.07kcal (10.6%), Fat: 8.96g (13.79%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 20.62g (7.5%), Sugar: 19.17g (21.3%), Cholesterol: 6.53mg (2.18%), Sodium: 219.11mg (9.53%), Protein: 8.09g (16.17%), Folate: 246.94µg (61.73%), Manganese: 0.93mg (46.32%), Vitamin C: 31.13mg (37.74%), Fiber: 7.37g (29.48%), Potassium: 821.11mg (23.46%), Magnesium: 82.97mg (20.74%), Vitamin A: 966.11IU (19.32%), Phosphorus: 188.19mg (18.82%), Copper: 0.35mg (17.54%), Iron: 2.48mg (13.79%), Vitamin B6: 0.22mg (11.01%), Vitamin B2: 0.18mg (10.31%), Zinc: 1.31mg (8.72%), Vitamin B1: 0.12mg (8.03%), Calcium: 72.82mg (7.28%), Vitamin B5: 0.67mg (6.7%), Vitamin B3: 1.14mg (5.7%), Vitamin K: 5.6µg (5.33%), Vitamin E: 0.79mg (5.24%), Selenium: 2.37µg (3.39%)