



HEALTH SCORE

52%

Composed Salad With Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound beets
- ☐ 1.5 cups coarsely carrot shredded
- ☐ 1 cup cucumber peeled thinly sliced
- ☐ 1.5 cups cabbage green very thinly sliced
- ☐ 7 servings lemon vinaigrette
- ☐ 1.5 cups cabbage red very thinly sliced
- ☐ 0.5 cup onion red thinly sliced

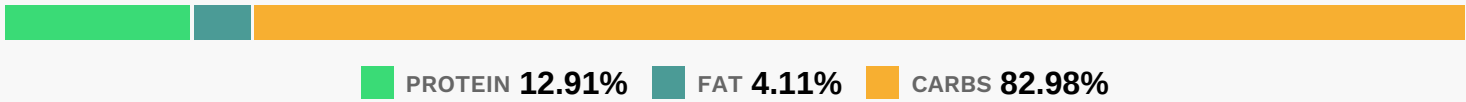
Equipment

☐ sauce pan

Directions

- ☐ Leave roots and 1 inch of stems on beets; scrub well with a vegetable brush.
- ☐ Place in a saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer for 35 minutes or until tender.
- ☐ Drain; rinse under cold running water.
- ☐ Drain; let cool. Trim off beet stems and roots; rub off skins.
- ☐ Cut the beets into 1/4-inch-wide strips.
- ☐ Arrange beets, cabbage, carrot, cucumber, and onion on a serving platter.
- ☐ Pour Lemon Vinaigrette over salad.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:11.205217428829%

Flavonoids

Cyanidin: 40.02mg, Cyanidin: 40.02mg, Cyanidin: 40.02mg, Cyanidin: 40.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 50.69kcal (2.53%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.25g (3%), Sugar: 6.72g (7.46%), Cholesterol: 0mg (0%), Sodium: 65.66mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin A: 4841.24IU (96.82%), Vitamin C: 25.52mg (30.94%), Vitamin K: 23.82µg (22.68%), Folate: 73.67µg (18.42%), Manganese: 0.3mg (15.01%), Fiber: 3.43g (13.71%), Potassium: 369.75mg (10.56%), Vitamin B6: 0.16mg (7.89%), Magnesium: 23.3mg (5.83%), Phosphorus: 47.09mg (4.71%), Vitamin B1: 0.07mg (4.56%), Iron: 0.8mg (4.46%), Calcium: 38.52mg (3.85%), Copper: 0.08mg (3.77%),

Vitamin B2: 0.06mg (3.75%), Vitamin B3: 0.57mg (2.87%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.36mg (2.41%),
Vitamin E: 0.26mg (1.75%)