



Crunchy Autumn Vegetable Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beets
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 3 cups celery root shredded peeled celery root;
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups fennel bulb shredded 1 small bulb
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.5 pound green beans trimmed cut in half
- ☐ 1 tablespoon honey

- ☐ 3 tablespoons horseradish prepared
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup yogurt plain low-fat

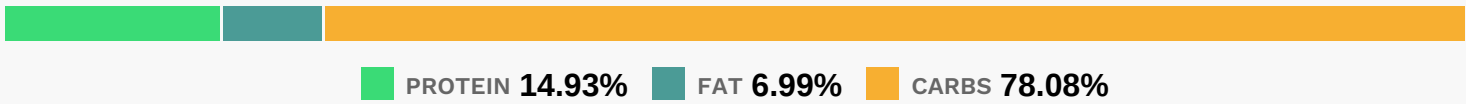
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare the salad, leave root and 1 inch stem on the beets, and scrub with a brush.
- ☐ Place beets in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 35 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain; cool. Trim off beet roots, and rub off skins.
- ☐ Cut into 1/4-inch-thick slices. Set aside.
- ☐ Cook the green beans in boiling water for 4 minutes or until crisp-tender.
- ☐ Drain and rinse the beans under cold water, and drain well.
- ☐ Combine beans, celeriac, fennel bulb, and chopped chives in a large bowl.
- ☐ To prepare dressing, combine yogurt and remaining ingredients, and stir well with a whisk.
- ☐ Pour over the green bean mixture, tossing to coat. Divide the beets evenly among 6 salad plates; top each serving with 1 cup green bean mixture.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:14.283913161444%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.88mg, Apigenin: 1.88mg, Apigenin: 1.88mg, Apigenin: 1.88mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 115.89kcal (5.79%), Fat: 0.99g (1.52%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 24.89g (8.29%), Net Carbohydrates: 19.16g (6.97%), Sugar: 13.69g (15.21%), Cholesterol: 1.23mg (0.41%), Sodium: 321.09mg (13.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin K: 67.36µg (64.15%), Vitamin C: 24.45mg (29.64%), Folate: 118.16µg (29.54%), Manganese: 0.56mg (28.01%), Fiber: 5.73g (22.91%), Potassium: 741.68mg (21.19%), Phosphorus: 182.24mg (18.22%), Magnesium: 54.87mg (13.72%), Vitamin B6: 0.27mg (13.47%), Calcium: 117.45mg (11.74%), Iron: 1.87mg (10.39%), Vitamin B2: 0.18mg (10.37%), Vitamin A: 425.96IU (8.52%), Copper: 0.17mg (8.52%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.69mg (6.89%), Vitamin B3: 1.31mg (6.56%), Zinc: 0.94mg (6.3%), Selenium: 3.26µg (4.66%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.11µg (1.91%)