



HEALTH SCORE

54%

Crunchy Carrot-Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 5 oz arugula fresh
- ☐ 2 medium size beets peeled
- ☐ 1 tablespoon brown sugar
- ☐ 2 large carrots
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 cup parsley leaves fresh loosely packed
- ☐ 0.3 cup juice of lemon

- ☐ 8 servings salt and pepper to taste
- ☐ 1 shallots minced
- ☐ 0.5 cup walnuts coarsely chopped

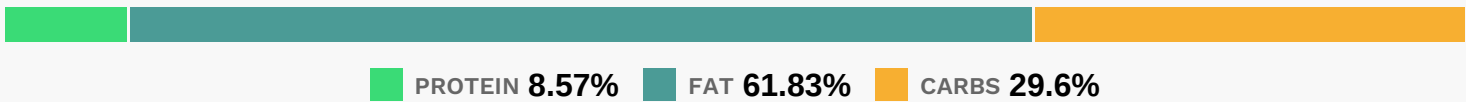
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts in a single layer in a shallow pan 7 to 9 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Meanwhile, whisk together olive oil and next 4 ingredients; season with salt and pepper to taste.
- ☐ Cut beets and carrots into thin slices, using a mandoline or sharp knife. To prevent hands from being stained, hold beets with a paper towel or wear rubber gloves while slicing. Toss arugula with a small amount of vinaigrette. Arrange arugula on a serving platter. Toss beets, carrots, and parsley with desired amount of vinaigrette. Top arugula with beet mixture; sprinkle with walnuts and salt and pepper to taste.
- ☐ Serve immediately with any remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:32.1, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:13.913043664849%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 105.03kcal (5.25%), Fat: 7.76g (11.95%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 6.11g (2.22%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 239.13mg (10.4%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin K: 146.59µg (139.61%), Vitamin A: 4068.59IU (81.37%), Vitamin C: 18mg (21.82%), Manganese: 0.43mg (21.29%), Folate: 64.16µg (16.04%), Fiber: 2.25g (8.99%), Copper: 0.17mg (8.48%), Potassium: 284.69mg (8.13%), Magnesium: 32.06mg (8.02%), Iron: 1.24mg (6.86%), Calcium: 58.49mg (5.85%), Phosphorus: 56.58mg (5.66%), Vitamin B6: 0.11mg (5.64%), Vitamin E: 0.71mg (4.76%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.53mg (3.5%), Vitamin B2: 0.05mg (3.2%), Vitamin B5: 0.25mg (2.53%), Vitamin B3: 0.5mg (2.49%), Selenium: 0.86µg (1.22%)