



Dinner Tonight: Apple, Beetroot, and Cheddar Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



439 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples crisp
- ☐ 1 small beets raw
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 ounces hazelnuts
- ☐ 1 tablespoon olive oil
- ☐ 2 servings pepper black
- ☐ 3 handfuls the salad good

- ☐ 1 pinch salt
- ☐ 2 tablespoons unrefined sunflower oil

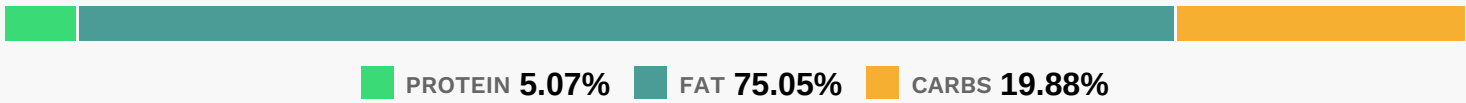
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ In the bottom of a large salad bowl, combine the vinegar, salt, and freshly cracked black pepper.
- ☐ Add the olive or hempseed oil in a slow stream, whisking constantly, to create an emulsion. Continue adding the rest of the oil in the same manner.
- ☐ In a medium skillet, toast the hazelnuts over medium-high heat. If they are unskinned, toast until the skins crack then gather in a kitchen towel and roughly rub them together. The skins should slip away easily. Return to the skillet to toast.
- ☐ Halve, core, and thinly slice the apple. Peel, trim, and thinly slice the beet.
- ☐ Add the salad greens to the bowl and toss, then add the apple and beetslices and the nuts. Crumble the cheddar slices over the top and finish with black pepper.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:5.28, Inflammation Score:-7, Nutrition Score:18.195652215377%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 438.55kcal (21.93%), Fat: 38.5g (59.23%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 16.93g (6.16%), Sugar: 13.26g (14.73%), Cholesterol: 0mg (0%), Sodium: 65.67mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Manganese: 2.03mg (101.27%), Vitamin E: 11.19mg (74.61%), Copper: 0.57mg (28.61%), Vitamin C: 21.73mg (26.34%), Folate: 97.86µg (24.46%), Fiber: 6.01g (24.04%), Magnesium: 66.53mg (16.63%), Vitamin B1: 0.23mg (15.17%), Vitamin A: 749.33IU (14.99%), Potassium: 522.1mg (14.92%), Vitamin B6: 0.27mg (13.52%), Phosphorus: 131.38mg (13.14%), Iron: 2.18mg (12.13%), Vitamin K: 11.24µg (10.7%), Zinc: 0.99mg (6.62%), Vitamin B2: 0.1mg (5.93%), Calcium: 52.63mg (5.26%), Vitamin B3: 1.05mg (5.25%), Vitamin B5: 0.45mg (4.47%), Selenium: 1.2µg (1.71%)