



Dinner Tonight: Roasted Beet, Goat Cheese, and Avocado Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 2 medium beets rinsed
- ☐ 2 ounces goat cheese
- ☐ 1 cup the salad mixed
- ☐ 4 slices bread whole
- ☐ 2 servings salt and pepper
- ☐ 0.3 cup slivered almonds

☐ 3 tablespoons balsamic vinaigrette salad dressing

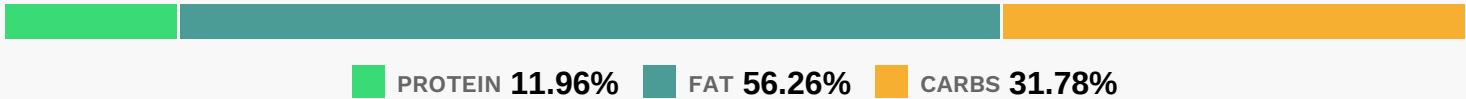
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450 °F. Wrap the beets individually in aluminum foil. Toss the into a roasting pan and place in the oven. Cook for about 40 to 50 minutes, or until a knife can easily slip into the flesh.
- ☐ Let the beets cool slightly, peel them, then thinly slice the beets into 1/4 inch rounds.
- ☐ Sprinkle the almonds into a skillet set over medium-low heat. Cook for about 5 minutes, tossing occasionally.
- ☐ Remove from heat before they burn.
- ☐ Toss the greens with a tablespoon or so of a vinaigrette. Something really basic.
- ☐ Add the almonds to the greens.
- ☐ Toast the slices of bread.
- ☐ Spread an ounce of goat cheese on two slices of the bread. Top each of those with a few slices of avocado, a little bit of the salad, and then a few slices of beets. Season with salt and pepper to taste. Top each with another slice of bread. Slice in half and serve.

Nutrition Facts



Properties

Glycemic Index:91.85, Glycemic Load:22.69, Inflammation Score:-9, Nutrition Score:33.385217588881%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 640.11kcal (32.01%), Fat: 41.8g (64.31%), Saturated Fat: 9.43g (58.92%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 36.58g (13.3%), Sugar: 16.06g (17.85%), Cholesterol: 13.04mg (4.35%), Sodium: 695.33mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20g (39.99%), Manganese: 2.26mg (113.22%), Folate: 306.97µg (76.74%), Fiber: 16.54g (66.16%), Vitamin K: 50.04µg (47.65%), Vitamin E: 7.06mg (47.09%), Copper: 0.8mg (40.09%), Magnesium: 154.56mg (38.64%), Phosphorus: 384.29mg (38.43%), Potassium: 1322.61mg (37.79%), Vitamin B2: 0.56mg (33.13%), Vitamin B6: 0.6mg (29.93%), Vitamin C: 23.02mg (27.9%), Vitamin B3: 5.52mg (27.59%), Vitamin B1: 0.39mg (26.17%), Selenium: 17.85µg (25.5%), Iron: 4.51mg (25.07%), Vitamin B5: 2.32mg (23.24%), Calcium: 209.26mg (20.93%), Zinc: 2.95mg (19.66%), Vitamin A: 724.7IU (14.49%)