



Fall Salad with Beets and Apples



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 bacon thick crumbled cooked
- ☐ 3 cups baby arugula packed
- ☐ 1 pound beets red yellow peeled thinly sliced into half moons
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 cup parsley fresh loosely packed
- ☐ 3 cups salad leaves curly endive loosely packed
- ☐ 8 oz gala apple thinly sliced
- ☐ 5 tablespoons honey

- ☐ 2 teaspoons kosher salt
- ☐ 1 teaspoon spicy brown mustard
- ☐ 0.5 medium size onion sweet cut into thin strips
- ☐ 0.3 cup walnut pieces toasted chopped
- ☐ 0.5 cup balsamic vinegar white
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 2 tablespoons citrus champagne vinegar

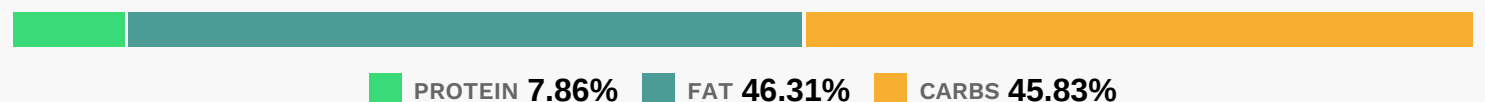
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Microwave beets and water to cover in a microwave-safe bowl at HIGH 8 to 10 minutes or until crisp-tender.
- ☐ Let stand 30 minutes.
- ☐ Drain and rinse beets.
- ☐ Stir together white balsamic vinegar, next 3 ingredients, and 2 Tbsp. water; pour into a large zip-top plastic freezer bag.
- ☐ Add beets and onion. Seal and chill 4 hours.
- ☐ Drain beets and onion, reserving 1/3 cup pickling liquid. Discard remaining liquid.
- ☐ Whisk together olive oil, next 2 ingredients, and reserved 1/3 cup pickling liquid until smooth.
- ☐ Add salt and pepper to taste. Toss together bacon, next 5 ingredients, and desired amount of dressing.
- ☐ Serve with beets, onions, and remaining dressing.

Nutrition Facts



Properties

Glycemic Index:39.28, Glycemic Load:10.62, Inflammation Score:-8, Nutrition Score:14.14043483786%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 227.72kcal (11.39%), Fat: 11.95g (18.39%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 22.87g (8.31%), Sugar: 21.4g (23.78%), Cholesterol: 10.89mg (3.63%), Sodium: 762.01mg (33.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin K: 128.01µg (121.91%), Vitamin A: 1607.32IU (32.15%), Folate: 104.9µg (26.22%), Manganese: 0.49mg (24.67%), Vitamin C: 15.9mg (19.27%), Fiber: 3.75g (14.98%), Potassium: 448.27mg (12.81%), Copper: 0.21mg (10.25%), Magnesium: 38.34mg (9.58%), Phosphorus: 88.4mg (8.84%), Vitamin B6: 0.17mg (8.61%), Iron: 1.51mg (8.39%), Vitamin B1: 0.11mg (7.19%), Vitamin E: 1.05mg (7%), Selenium: 4.4µg (6.28%), Calcium: 62.24mg (6.22%), Vitamin B3: 1.13mg (5.66%), Vitamin B2: 0.09mg (5.14%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.75mg (5.01%), Vitamin B12: 0.08µg (1.38%)