

Fresh Beet Salad

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 3 beets peeled cut into 1/4-inch cubes
- ☐ 0.8 cup feta cheese crumbled
- ☐ 1 cup peas frozen
- ☐ 1 bunch swiss chard – leaves and stems discarded red chopped

Equipment

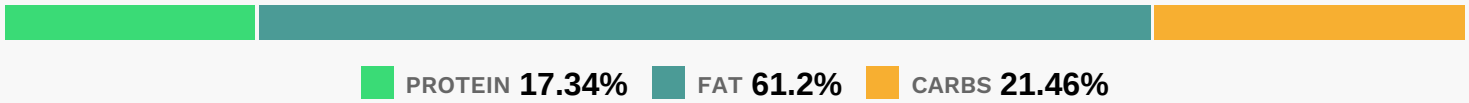
- ☐ frying pan
- ☐ paper towels

☐ sauce pan

Directions

- ☐ Place the beets into a saucepan with enough water to cover by 1 inch; bring to a boil. Reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 30 minutes.
- ☐ Meanwhile, cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes; transfer the bacon to a paper towel-lined plate to drain, reserving the bacon drippings in the skillet. Roughly chop the bacon and set aside.
- ☐ Add the drained beets and red Swiss chard to the reserved bacon drippings; cover the skillet, place over medium heat, and cook until the chard is tender, 3 to 5 minutes. Stir the chopped bacon and frozen peas into the beet mixture; continue cooking until the peas are cooked through, about 5 minutes.
- ☐ Sprinkle the feta cheese over the mixture; stir.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:18.315217655638%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 188.13kcal (9.41%), Fat: 13.03g (20.05%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 6.95g (2.53%), Sugar: 4.69g (5.21%), Cholesterol: 31.21mg (10.4%), Sodium: 499.08mg (21.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Vitamin K: 421.41µg (401.35%), Vitamin A: 3343.67IU (66.87%), Vitamin C: 26.68mg (32.33%), Manganese: 0.42mg (21.23%), Folate: 73.4µg (18.35%), Phosphorus: 160.37mg (16.04%), Magnesium: 64.11mg (16.03%), Vitamin B2: 0.27mg (15.85%), Fiber: 3.33g (13.3%), Calcium: 131.64mg (13.16%), Vitamin B6: 0.26mg (12.79%), Potassium: 436.9mg (12.48%), Vitamin B1: 0.19mg (12.44%), Selenium: 8.41µg (12.01%), Iron: 1.8mg (9.97%), Vitamin B3: 1.91mg (9.56%), Zinc: 1.42mg (9.49%), Copper:

0.18mg (8.9%), Vitamin E: 1.12mg (7.47%), Vitamin B12: 0.43µg (7.11%), Vitamin B5: 0.48mg (4.78%), Vitamin D: 0.16µg (1.09%)