



Frisée, Baby Spinach, and Golden Beet Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 4 cups baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cranberry juice cocktail
- ☐ 4 cups frisée
- ☐ 2 ounces goat cheese (log-style crumbled soft
- ☐ 0.8 pound golden beets
- ☐ 2 tablespoons raspberry vinegar
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon shallots minced
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 tablespoon walnut oil

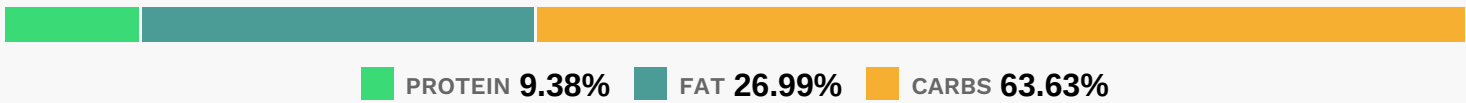
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Wrap each beet in aluminum foil.
- ☐ Bake at 400 for 1 hour and 30 minutes or until tender. Discard foil; cool beets for 30 minutes. Trim off beet roots; rub off skins.
- ☐ Cut beets into 1/8-inch-thick slices.
- ☐ Combine cranberry juice, cranberries, sugar, and vinegar in a small saucepan. Bring to a boil; cook 11 minutes or until mixture thickens.
- ☐ Remove from heat. Stir in shallots, salt, and pepper. Gradually add oil, stirring with a whisk.
- ☐ Combine lettuce and spinach in a large bowl.
- ☐ Add cranberry mixture; toss to coat.
- ☐ Add beets; toss gently to combine. Divide salad evenly among 6 plates. Top each salad with 4 teaspoons cheese.

Nutrition Facts



Properties

Glycemic Index:54.68, Glycemic Load:10.25, Inflammation Score:-9, Nutrition Score:14.218695814195%

Flavonoids

Cyanidin: 34.06mg, Cyanidin: 34.06mg, Cyanidin: 34.06mg, Cyanidin: 34.06mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Luteolin: 10.5mg, Luteolin: 10.5mg, Luteolin: 10.5mg, Luteolin: 10.5mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 149.76kcal (7.49%), Fat: 4.71g (7.24%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 22.27g (8.1%), Sugar: 20.21g (22.45%), Cholesterol: 4.35mg (1.45%), Sodium: 199.27mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin K: 166.32µg (158.4%), Vitamin A: 2002.82IU (40.06%), Vitamin C: 28.51mg (34.56%), Folate: 118.32µg (29.58%), Manganese: 0.48mg (23.94%), Copper: 0.24mg (12.03%), Potassium: 398.53mg (11.39%), Fiber: 2.7g (10.8%), Magnesium: 35.26mg (8.81%), Vitamin E: 1.29mg (8.62%), Iron: 1.44mg (7.99%), Phosphorus: 69.83mg (6.98%), Vitamin B2: 0.11mg (6.32%), Vitamin B6: 0.12mg (6.22%), Calcium: 50.5mg (5.05%), Zinc: 0.59mg (3.91%), Vitamin B1: 0.05mg (3.07%), Vitamin B5: 0.28mg (2.79%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.29µg (1.85%)