



Gina's Beet and Goat Cheese Salad



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula
- ☐ 2 ounces balsamic vinegar
- ☐ 4 medium candy striped beets
- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pecans chopped
- ☐ 6 servings salt and pepper black freshly ground

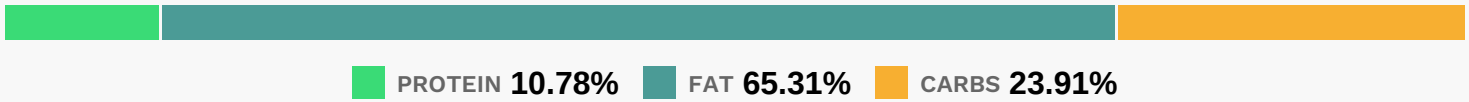
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a pot of cold water, place beets and then bring to a boil. Allow pot to simmer until the beets are tender but still have slight resistance in the centers. This will take 8 minutes. Peel the beets and slice.
- ☐ In a small bowl whisk together olive oil and balsamic. Season with salt and pepper.
- ☐ In a separate larger bowl, toss arugula, beets, pecans and goat cheese.
- ☐ Drizzle them with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:5.83, Inflammation Score:-6, Nutrition Score:10.276521760484%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 221.52kcal (11.08%), Fat: 16.54g (25.45%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 9.78g (3.56%), Sugar: 9.7g (10.77%), Cholesterol: 8.7mg (2.9%), Sodium: 163.99mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.29%), Folate: 139.75µg (34.94%), Manganese: 0.66mg (33.2%), Vitamin K: 20.84µg (19.85%), Fiber: 3.85g (15.39%), Copper: 0.29mg (14.59%), Potassium: 453.08mg (12.95%), Phosphorus: 115.23mg (11.52%), Vitamin A: 552.3IU (11.05%), Magnesium: 42.16mg (10.54%), Vitamin E: 1.5mg (9.98%), Iron: 1.7mg (9.47%), Vitamin C: 7.6mg (9.22%), Vitamin B2: 0.13mg (7.93%), Calcium: 72.21mg

(7.22%), Vitamin B6: 0.14mg (7.14%), Zinc: 0.85mg (5.65%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.4mg (4.03%),
Vitamin B3: 0.55mg (2.77%), Selenium: 1.54µg (2.2%)