



Gingered Beet And Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



24 min.

SERVINGS



3

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup beet diced peeled (2 medium)
- ☐ 1.5 teaspoons ginger fresh grated
- ☐ 3 tablespoons juice of lime
- ☐ 2 large oranges peeled
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.3 teaspoon salt
- ☐ 4 cups pkt spinach fresh coarsely chopped
- ☐ 1.5 tablespoons sugar

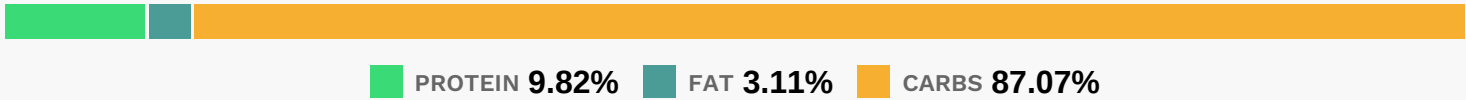
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine spinach, orange sections, and beets in a large bowl; set aside.
- ☐ Combine lime juice and remaining 4 ingredients in a small bowl; stir well with a whisk.
- ☐ Pour lime juice mixture over spinach mixture, tossing well.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:74.53, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:21.113043557043%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 34.77mg, Hesperetin: 34.77mg, Hesperetin: 34.77mg, Hesperetin: 34.77mg Naringenin: 18.85mg, Naringenin: 18.85mg, Naringenin: 18.85mg, Naringenin: 18.85mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 114.47kcal (5.72%), Fat: 0.44g (0.68%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 22.53g (8.19%), Sugar: 20.97g (23.3%), Cholesterol: 0mg (0%), Sodium: 263.97mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 193.56µg (184.34%), Vitamin C: 83.27mg (100.93%), Vitamin A: 4098.68IU (81.97%), Folate: 165.47µg (41.37%), Manganese: 0.55mg (27.36%), Fiber: 5.23g (20.93%), Potassium: 617.67mg (17.65%), Magnesium: 56.18mg (14.04%), Vitamin B1: 0.16mg (10.43%), Calcium: 98.91mg (9.89%), Vitamin B6: 0.19mg (9.64%), Iron: 1.62mg (9.01%), Vitamin B2: 0.15mg (8.71%), Vitamin E: 1.15mg (7.67%), Copper: 0.15mg (7.49%), Phosphorus: 57.85mg (5.78%), Vitamin B5: 0.42mg (4.25%), Vitamin B3: 0.84mg (4.18%), Zinc: 0.48mg (3.2%), Selenium: 1.42µg (2.03%)