



WHATSheATE



## Golden and Crimson Beet Salad with Oranges, Fennel, and Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 6 servings kosher salt
- ☐ 1 small fennel bulb fresh paper-thin cored trimmed quartered cut into strips
- ☐ 1.5 cups feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 2 large golden beets trimmed (3-inch-diameter)
- ☐ 0.3 cup hazelnuts husked toasted halved

- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 cranberry-orange relish
- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 2 large beets red trimmed (3-inch-diameter)
- ☐ 1 small shallots finely chopped
- ☐ 6 servings pepper white freshly ground

## Equipment

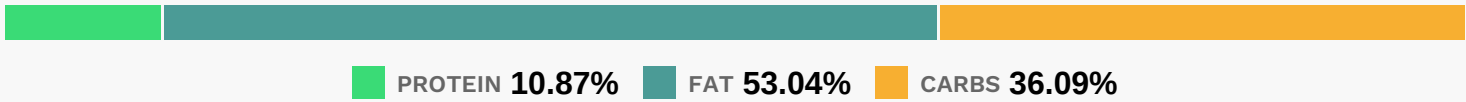
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 400°F.
- ☐ Place all beets in 9x9x2-inch metal pan.
- ☐ Drizzle 3 tablespoons oil over; sprinkle with salt and pepper and toss to coat. Cover pan with foil and roast beets until tender, about 1 1/2 hours. Uncover and cool completely. Peel beets, cut into 1/2-inch cubes, and place in large bowl, each color on opposite side; sprinkle with salt and pepper. Do ahead Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.
- ☐ Cut all peel and pith off oranges. Working over medium bowl to catch orange juice, cut between membranes, releasing segments.
- ☐ Add 1 cup orange segments, fennel, mint, parsley, hazelnuts, and shallot to bowl with beets.
- ☐ Transfer 2 teaspoons orange juice to small bowl; whisk in vinegar and remaining 2 tablespoons olive oil. Season dressing to taste with salt and white pepper. Stir into beet mixture.
- ☐ Mound salad on large platter.
- ☐ Drain remaining orange segments; arrange on salad.

Sprinkle with cheese.

# Nutrition Facts



## Properties

Glycemic Index:61.58, Glycemic Load:12.94, Inflammation Score:-8, Nutrition Score:26.023043632507%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 23.99mg, Hesperetin: 23.99mg, Hesperetin: 23.99mg, Hesperetin: 23.99mg Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 378.5kcal (18.92%), Fat: 23.34g (35.91%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 25.98g (9.45%), Sugar: 22.92g (25.47%), Cholesterol: 33.38mg (11.13%), Sodium: 786.44mg (34.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Vitamin C: 65.02mg (78.81%), Vitamin K: 74.3µg (70.76%), Folate: 259.59µg (64.9%), Manganese: 1.14mg (57.02%), Fiber: 9.76g (39.03%), Calcium: 289.44mg (28.94%), Potassium: 1009.16mg (28.83%), Vitamin B2: 0.45mg (26.64%), Phosphorus: 254.48mg (25.45%), Vitamin B6: 0.4mg (20.02%), Vitamin E: 2.97mg (19.83%), Magnesium: 78.1mg (19.52%), Copper: 0.33mg (16.58%), Iron: 2.97mg (16.52%), Vitamin B1: 0.23mg (15.51%), Vitamin A: 758.27IU (15.17%), Zinc: 2.07mg (13.77%), Selenium: 7.84µg (11.2%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 1.03mg (10.27%), Vitamin B3: 1.64mg (8.2%)