



Golden Beet and Potato Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 6 servings browned bacon crumbled
- ☐ 1 clove garlic minced peeled
- ☐ 1 pound golden beets trimmed ()
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons parsley chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 pound thin-skinned potatoes red scrubbed cut in half ()

- ☐ 1 tablespoon rice vinegar
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 2 qt watercress

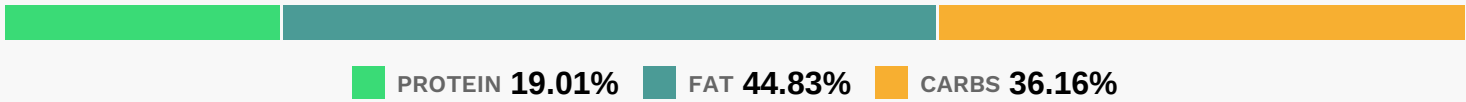
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a 6- to 8-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add beets, reduce heat to medium-high, cover, and cook for 10 minutes.
- ☐ Add potatoes to the beets, cover again,and cook until both are tender when pierced, about 10 minutes longer.
- ☐ Drain and let cool. Peel beets, then slice into 1/4-inch-thick half-moons.
- ☐ Meanwhile, in a small bowl, whisk together the sour cream, mayonnaise, vinegar, onion, parsley, horseradish, and garlic. Season to taste with salt and pepper.
- ☐ Mix dressing into the potatoes.
- ☐ Rinse watercress. Pick tender sprigs from tough stems and cut into 3- to 4-inch lengths. Arrange sprigs on a platter. Top with potatoes, then arrange beets over mixture.
- ☐ Sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:32.684347924979%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 72.69mg, Kaempferol: 72.69mg, Kaempferol: 72.69mg, Kaempferol: 72.69mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 95.88mg, Quercetin: 95.88mg, Quercetin: 95.88mg, Quercetin: 95.88mg

Nutrients (% of daily need)

Calories: 255.76kcal (12.79%), Fat: 13.58g (20.9%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 19.48g (7.08%), Sugar: 7.24g (8.04%), Cholesterol: 18.84mg (6.28%), Sodium: 583.73mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin K: 820.56µg (781.48%), Vitamin A: 10244.86IU (204.9%), Vitamin C: 148.68mg (180.22%), Manganese: 1.15mg (57.41%), Potassium: 1700.65mg (48.59%), Calcium: 408.9mg (40.89%), Vitamin B6: 0.66mg (32.99%), Folate: 128.97µg (32.24%), Phosphorus: 304.71mg (30.47%), Vitamin B1: 0.43mg (28.96%), Vitamin B2: 0.46mg (27.12%), Magnesium: 105.18mg (26.3%), Vitamin E: 3.47mg (23.11%), Copper: 0.42mg (20.91%), Fiber: 5.17g (20.69%), Vitamin B5: 1.46mg (14.64%), Vitamin B3: 2.68mg (13.38%), Selenium: 8.6µg (12.28%), Iron: 2mg (11.12%), Zinc: 1.19mg (7.92%), Vitamin B12: 0.12µg (2.07%)