



Golden Beet and Sunflower Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 tablespoons cider vinegar
- ☐ 2.5 lb golden beets with greens)
- ☐ 6 cups baby mesclun
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 0.3 teaspoon sugar

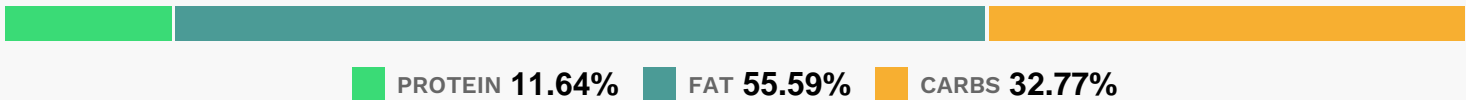
Equipment

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

Directions

- ☐ Put oven racks in lower third and middle of oven and preheat oven to 425°F.
- ☐ Trim beet greens, leaving 1 inch of stems attached. Tightly wrap beets together in double layers of foil to make packages (2 or 3 per package) and roast in middle of oven until tender, 40 to 45 minutes. Unwrap beets and cool slightly.
- ☐ While beets roast, toast sunflower seeds in a pie plate or a small baking pan in lower third of oven, shaking occasionally, until seeds are golden, about 10 minutes.
- ☐ Whisk together shallot, vinegar, salt, pepper, and sugar in a small bowl, then add oil in a stream, whisking.
- ☐ When beets are cool enough to handle, slip off and discard skins.
- ☐ Cut beets lengthwise into 1/4-inch-thick slices and gently toss with 3 tablespoons vinaigrette in a bowl.
- ☐ Toss sunflower sprouts and half of sunflower seeds with remaining vinaigrette in another bowl. Arrange beets on 6 salad plates and top with dressed sprouts.
- ☐ Sprinkle salads with remaining sunflower seeds.
- ☐ Beets can be roasted, sliced, and dressed 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:8.46, Inflammation Score:-5, Nutrition Score:12.546086881472%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 158.83kcal (7.94%), Fat: 18.45g (28.38%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 16.28g (5.92%), Sugar: 13.23g (14.7%), Cholesterol: 0mg (0%), Sodium: 438.97mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Iron: 12.73mg (70.74%), Folate: 207.15µg (51.79%), Manganese: 0.66mg (32.92%), Fiber: 8.19g (32.75%), Potassium: 631.18mg (18.03%), Vitamin C: 9.53mg (11.55%), Magnesium: 44.63mg (11.16%), Phosphorus: 78.23mg (7.82%), Copper: 0.15mg (7.33%), Vitamin E: 1.09mg (7.24%), Vitamin B6: 0.14mg (6.92%), Zinc: 0.68mg (4.53%), Vitamin K: 4.76µg (4.53%), Vitamin B2: 0.08mg (4.5%), Vitamin B1: 0.06mg (4.05%), Calcium: 32.53mg (3.25%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.3mg (3.04%), Selenium: 1.38µg (1.96%), Vitamin A: 62.96IU (1.26%)