



Golden Beet, Peach, and Goat Cheese Salad with Champagne Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 ounces goat cheese crumbled reduced-fat
- ☐ 2 pounds golden beets
- ☐ 8 ounces julienne-cut peaches white firm ripe

- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 teaspoons sugar

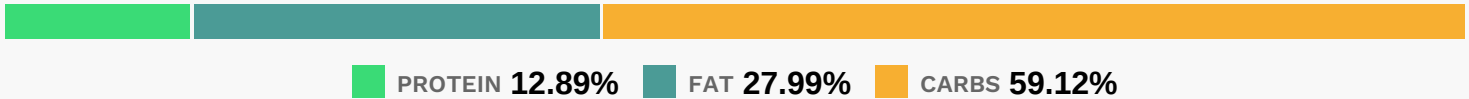
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place beets in a medium saucepan; cover with water. Bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender.
- ☐ Drain and rinse with cold water; drain. Cool. Trim off beet roots and stems; rub off skins.
- ☐ Cut beets into 1/4-inch-thick slices.
- ☐ Place beet slices in a large bowl; add peaches and onion.
- ☐ Combine chopped basil, chopped shallots, Champagne vinegar, olive oil, sugar, salt, and pepper, stirring with a whisk.
- ☐ Drizzle over salad; toss gently to coat.
- ☐ Sprinkle with crumbled goat cheese.

Nutrition Facts



Properties

Glycemic Index:55.56, Glycemic Load:9.41, Inflammation Score:-6, Nutrition Score:9.8204349149828%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg,

Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg
Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg,
Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg
Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg,
Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 144.78kcal (7.24%), Fat: 4.72g (7.27%), Saturated Fat: 1.76g (11%), Carbohydrates: 22.46g (7.49%), Net
Carbohydrates: 17.12g (6.22%), Sugar: 16.07g (17.86%), Cholesterol: 4.35mg (1.45%), Sodium: 353.18mg (15.36%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Folate: 174.31µg (43.58%), Manganese: 0.59mg
(29.52%), Fiber: 5.34g (21.36%), Potassium: 589.58mg (16.85%), Vitamin C: 11.21mg (13.59%), Copper: 0.23mg
(11.42%), Magnesium: 43.1mg (10.78%), Phosphorus: 102.62mg (10.26%), Iron: 1.66mg (9.23%), Vitamin B6: 0.17mg
(8.67%), Vitamin B2: 0.12mg (6.86%), Vitamin A: 306.96IU (6.14%), Vitamin K: 6.03µg (5.75%), Zinc: 0.76mg
(5.09%), Vitamin B1: 0.08mg (5.08%), Calcium: 47.69mg (4.77%), Vitamin E: 0.7mg (4.68%), Vitamin B3: 0.89mg
(4.46%), Vitamin B5: 0.4mg (3.97%), Selenium: 2.28µg (3.26%)