

PURE
FLAVOR
125 FRESH ALL-AMERICAN RECIPES
FROM THE PACIFIC NORTHWEST
FOREWORD BY TOM DOUGLAS

Golden Beet Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 cup pkt spinach sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1.3 pounds golden beets rinsed trimmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1.5 tablespoons rice vinegar

☐ 3 tablespoons walnuts toasted

Equipment

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Place the beets in a roasting pan and add water to a depth of 1/2 inch. Cover the pan with foil and bake until the beets are easily pierced with a fork, about 1 1/2 hours. Set the beets aside until they are cool enough to handle. Peel and rinse off any pieces of skin. Slice the beets into 1/2-inch-thick rounds, and then cut them into 1/4-inch-thick sticks.
- ☐ Let the beets cool to room temperature.
- ☐ Toss the beets with the rice vinegar, salt, and pepper.
- ☐ Add the olive oil and mustard and toss with the spinach.
- ☐ Garnish with the toasted walnuts and crumbled blue cheese.
- ☐ Make Ahead: You can roast the beets up to 3 days in advance; toss them just before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:6.34, Inflammation Score:-7, Nutrition Score:12.4052173586%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 174.04kcal (8.7%), Fat: 11.1g (17.07%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 10.47g (3.81%), Sugar: 9.86g (10.95%), Cholesterol: 6.33mg (2.11%), Sodium: 508.01mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Folate: 179.49µg (44.87%), Manganese: 0.81mg (40.59%), Vitamin K: 39.23µg (37.36%), Fiber: 4.68g (18.73%), Vitamin A: 816.84IU (16.34%), Potassium: 559.55mg (15.99%), Magnesium: 52.75mg (13.19%), Copper: 0.24mg (12.06%), Phosphorus: 119.75mg (11.98%), Vitamin C: 9.15mg (11.09%), Iron: 1.62mg (9.01%), Calcium: 83.33mg (8.33%), Vitamin B6: 0.16mg (8.22%), Vitamin B2: 0.11mg (6.75%), Zinc: 1mg (6.65%), Vitamin E: 0.79mg (5.26%), Vitamin B1: 0.08mg (5.24%), Vitamin B5: 0.42mg (4.16%), Selenium: 2.8µg (4%), Vitamin B3: 0.7mg (3.5%), Vitamin B12: 0.1µg (1.72%)