



Golden Beets and Blood Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small blood oranges
- ☐ 3 tablespoon olive oil extra virgin
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon mint leaves thinly sliced
- ☐ 0.3 onion red thinly sliced
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

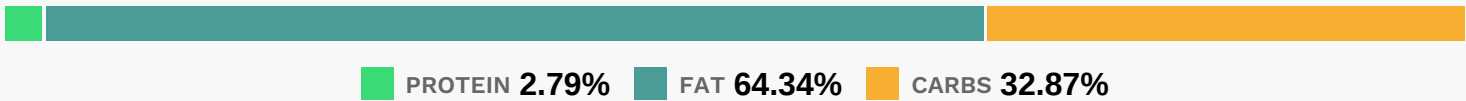
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Remove all but ½-inch of the stems and greens. Save these for another use (please!).
- ☐ Put the beets into a baking dish or shallow bowl just large enough to hold them.
- ☐ Whisk together olive oil, vinegar, and salt and pepper to taste in a small bowl. Set aside.
- ☐ Cut a slice off the top and bottom of each orange. Working with 1 orange at a time, set the fruit on a cutting board, one cut side down. Using a chef’s knife, slice away the peel from top to bottom following the curve of the fruit, removing all the white pith, but leaving as much flesh as possible. Slice the orange thinly crosswise. Repeat with the remaining oranges.To assemble the salad, alternate slices of beet and orange on a platter or serving plate. Scatter the onion on top.
- ☐ Whisk the dressing briefly and spoon it over the salad.
- ☐ Sprinkle with mint, give it a good grind of black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:3.99, Inflammation Score:-5, Nutrition Score:6.2086955982706%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 26.29mg, Hesperetin: 26.29mg, Hesperetin: 26.29mg, Hesperetin: 26.29mg Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin:

1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 142.53kcal (7.13%), Fat: 10.64g (16.36%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.68g (3.52%), Sugar: 9.27g (10.3%), Cholesterol: 0mg (0%), Sodium: 1.19mg (0.05%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin C: 52mg (63.03%), Vitamin E: 1.69mg (11.25%), Fiber: 2.55g (10.18%), Folate: 31.55µg (7.89%), Vitamin K: 6.51µg (6.2%), Vitamin B1: 0.09mg (5.85%), Potassium: 193.81mg (5.54%), Vitamin A: 269.78IU (5.4%), Calcium: 43.79mg (4.38%), Vitamin B6: 0.07mg (3.39%), Manganese: 0.06mg (3.1%), Magnesium: 11.61mg (2.9%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.57%), Vitamin B5: 0.25mg (2.54%), Phosphorus: 16.8mg (1.68%), Vitamin B3: 0.3mg (1.51%), Iron: 0.26mg (1.44%)