

health-score 51%
HEALTH SCORE

Greek Salad with Roasted Beets, Olives and Feta

 Vegetarian  Gluten Free

READY IN

ready
45 min.

SERVINGS

servings
4

CALORIES

calories
251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 celery heart stalks sliced for garnish
- ☐ 0.3 cup feta cheese crumbled
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 2 Tbsp niçoise olives pitted halved
- ☐ 1 tablespoon oregano leaves fresh thinly sliced
- ☐ 4 medium beets red trimmed scrubbed

- ☐ 1 teaspoon chile flakes fresh red minced crushed to taste
- ☐ 0.3 cup onion red minced
- ☐ 6 tablespoons red wine vinegar
- ☐ 2 baby greens halved lengthwise sliced

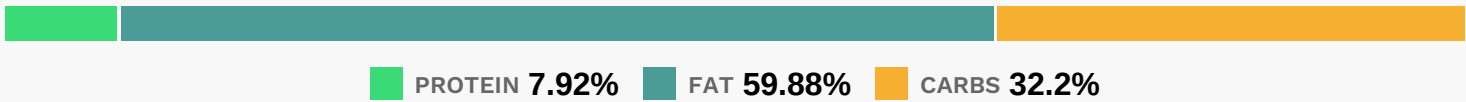
Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325F.
- ☐ Put beets on a large sheet of foil.
- ☐ Drizzle with 1 Tbsp. oil; season with salt and pepper.
- ☐ Wrap up beets tightly and roast until a knife pierces through them easily, about 1 hour and 15 minutes.
- ☐ Unwrap beets. When cool enough to handle, peel and cut into wedges.
- ☐ Whisk vinegar, remaining 3 Tbsp. oil, onion, chile and a pinch of salt.
- ☐ Arrange beets on 4 serving plates.
- ☐ Drizzle with a little dressing and season with salt and pepper. Top with romaine, celery, feta and olives.
- ☐ Drizzle remaining dressing all over. Season with salt, pepper and oregano.
- ☐ Garnish with celery leaves and serve.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:20.781739079434%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 250.57kcal (12.53%), Fat: 17.23g (26.5%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 13.84g (5.03%), Sugar: 12.72g (14.13%), Cholesterol: 8.34mg (2.78%), Sodium: 318.61mg (13.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Vitamin A: 5209.53IU (104.19%), Vitamin K: 75.85µg (72.24%), Folate: 270.82µg (67.7%), Manganese: 0.76mg (37.9%), Fiber: 7g (28.01%), Potassium: 753.79mg (21.54%), Vitamin E: 2.75mg (18.35%), Iron: 2.75mg (15.27%), Vitamin C: 11.52mg (13.97%), Magnesium: 55.59mg (13.9%), Phosphorus: 125.27mg (12.53%), Calcium: 120.59mg (12.06%), Vitamin B2: 0.2mg (11.78%), Vitamin B6: 0.23mg (11.68%), Copper: 0.18mg (9.17%), Vitamin B1: 0.12mg (7.81%), Zinc: 1.08mg (7.19%), Vitamin B3: 0.98mg (4.9%), Vitamin B5: 0.47mg (4.69%), Selenium: 3.08µg (4.4%), Vitamin B12: 0.16µg (2.64%)