



Green Bean and Radicchio Salad with Roasted Beets and Balsamic Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 bay leaves
- ☐ 2.5 pounds beets
- ☐ 1 tablespoon thyme sprigs fresh minced
- ☐ 1.5 pounds green beans trimmed cut in half crosswise
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 large head radicchio thinly

- ☐ 1 large onion red halved lengthwise thinly sliced
- ☐ 0.3 cup shallots chopped
- ☐ 2 tablespoons water

Equipment

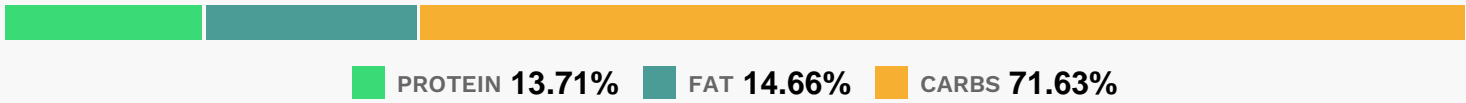
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Place onion, 1/4 cup vinegar, and bay leaf in large jar or medium bowl.
- ☐ Add just enough water to cover. Season generously with salt and pepper. Cover and chill overnight. (Can be prepared 3 days ahead.)
- ☐ Preheat oven to 350°F.
- ☐ Place large piece of foil on baking sheet.
- ☐ Place beets in center of foil.
- ☐ Drizzle beets with 1 tablespoon oil and 2 tablespoons water. Top with another piece of foil; crimp edges to seal tightly. Roast beets until tender when pierced with fork, about 1 hour 15 minutes. Cool completely.
- ☐ Cook beans in large pot of boiling salted water until crisp-tender, about 6 minutes. Rinse under cold water to cool.
- ☐ Drain and pat dry.
- ☐ Whisk remaining 6 tablespoons balsamic vinegar, 1/2 cup oil, shallots, and thyme in small bowl to blend. Season dressing with salt and pepper. (Beets, beans, and dressing can be made 1 day ahead. Cover separately and refrigerate.)
- ☐ Peel and cut beets into 1/4-inch-thick slices. Arrange large radicchio leaves over very large platter to cover (reserve small leaves for another use).

- ☐ Drain red onions; scatter over radicchio. Arrange beans over onions. Arrange beet slices decoratively over beans.
- ☐ Pour dressing over salad and serve.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:4.55, Inflammation Score:-7, Nutrition Score:10.05695665401%

Flavonoids

Cyanidin: 27.78mg, Cyanidin: 27.78mg, Cyanidin: 27.78mg, Cyanidin: 27.78mg Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 8.83mg, Luteolin: 8.83mg, Luteolin: 8.83mg, Luteolin: 8.83mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg

Nutrients (% of daily need)

Calories: 65.8kcal (3.29%), Fat: 1.16g (1.79%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 9.15g (3.33%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 64.43mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin K: 74.79µg (71.23%), Folate: 107.18µg (26.8%), Manganese: 0.39mg (19.41%), Fiber: 3.63g (14.51%), Vitamin C: 11.92mg (14.45%), Potassium: 415.68mg (11.88%), Copper: 0.17mg (8.34%), Magnesium: 32.44mg (8.11%), Iron: 1.3mg (7.23%), Vitamin B6: 0.14mg (7.13%), Vitamin A: 344.17IU (6.88%), Phosphorus: 58.7mg (5.87%), Vitamin E: 0.83mg (5.51%), Vitamin B2: 0.08mg (4.9%), Vitamin B1: 0.07mg (4.4%), Calcium: 37.14mg (3.71%), Zinc: 0.52mg (3.49%), Vitamin B3: 0.63mg (3.14%), Vitamin B5: 0.29mg (2.85%), Selenium: 1.03µg (1.47%)