



Green Bean, Spinach, and Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 3 cups baby spinach
- ☐ 2 small beets
- ☐ 2 garlic clove
- ☐ 1.5 pounds green beans trimmed
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup orange juice fresh

- ☐ 2 poblano pepper fresh
- ☐ 5 large radishes paper-thin sliced
- ☐ 1 small onion paper-thin white sliced

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Char chiles directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and coarsely chop chiles.
- ☐ Combine chiles, orange juice, oil, vinegar, and garlic in blender. Blend until mixture is smooth and thick. Season dressing to taste with salt and pepper. Cover; chill until dressing is cold, at least 1 hour and up to 1 day.
- ☐ Preheat oven to 400°F. Wrap each beet tightly in foil; place directly on oven rack. Roast beets until tender when pierced with knife, about 50 minutes. Unwrap beets and cool completely, then peel. Coarsely grate beets into medium bowl. Toss with lime juice. Season to taste with salt and pepper. Cover and let stand at room temperature at least 1 hour.
- ☐ Cook green beans in large pot of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain; transfer to large bowl of ice water to cool.
- ☐ Drain again and pat dry.
- ☐ Toss green beans, spinach, onion, and radishes in large bowl with enough dressing to coat. Season with salt and pepper. Divide salad among plates; top with beets.

Nutrition Facts



 **PROTEIN 8.77%**  **FAT 51.98%**  **CARBS 39.25%**

Properties

Glycemic Index:55.5, Glycemic Load:4.43, Inflammation Score:-9, Nutrition Score:18.617826052334%

Flavonoids

Pelargonidin: 4.73mg, Pelargonidin: 4.73mg, Pelargonidin: 4.73mg, Pelargonidin: 4.73mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 151.25kcal (7.56%), Fat: 9.47g (14.57%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 10.93g (3.97%), Sugar: 8.05g (8.95%), Cholesterol: 0mg (0%), Sodium: 43.46mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin K: 129.83µg (123.65%), Vitamin C: 60.87mg (73.78%), Vitamin A: 2369.28IU (47.39%), Manganese: 0.56mg (27.8%), Folate: 105.71µg (26.43%), Fiber: 5.16g (20.62%), Vitamin B6: 0.33mg (16.67%), Potassium: 543.51mg (15.53%), Vitamin E: 2.25mg (14.97%), Magnesium: 53.94mg (13.49%), Iron: 2.06mg (11.44%), Vitamin B2: 0.18mg (10.52%), Vitamin B1: 0.15mg (10.3%), Copper: 0.16mg (8.04%), Phosphorus: 77.79mg (7.78%), Calcium: 73.59mg (7.36%), Vitamin B3: 1.31mg (6.53%), Vitamin B5: 0.4mg (4.04%), Zinc: 0.56mg (3.7%), Selenium: 1.27µg (1.82%)