



Green Salad with Roasted Beets, Goat Cheese and Almonds



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 4 medium beets
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup goat cheese fresh crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 10 cup torn lettuce greens such as red- and green-leaf assorted

- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

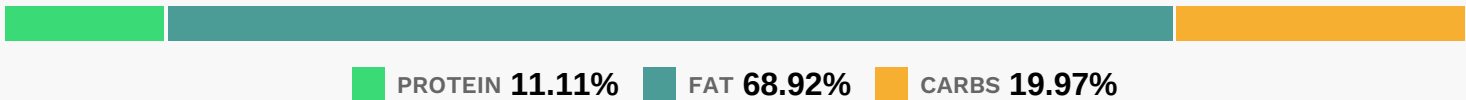
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425F. Trim beets and place in a large piece of foil. Tightly crimp foil to seal and roast until tender, about 1 hour. Cool, peel and cut into 1-inch dice.
- ☐ Melt butter in a small skillet over medium-high heat.
- ☐ Add almonds, lower heat to medium and cook, stirring often, until light golden brown, about 3 minutes.
- ☐ Drain on paper towels and season with salt and pepper.
- ☐ Combine vinegar, lemon juice and mustard in a large bowl.
- ☐ Whisk until blended and smooth.
- ☐ Whisk in both oils and season with salt and pepper. Pile lettuce on top of dressing and toss well to coat. Toss in beets, sprinkle with goat cheese and almonds, and serve cold.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:3.73, Inflammation Score:-9, Nutrition Score:13.076521751673%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 199.44kcal (9.97%), Fat: 15.85g (24.38%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 6.89g (2.5%), Sugar: 6.35g (7.05%), Cholesterol: 14.05mg (4.68%), Sodium: 328.76mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin A: 2884.89IU (57.7%), Vitamin K: 58.04µg (55.28%), Folate: 110.01µg (27.5%), Manganese: 0.5mg (25.07%), Vitamin E: 2.45mg (16.35%), Fiber: 3.45g (13.79%), Copper: 0.24mg (11.92%), Potassium: 392.78mg (11.22%), Phosphorus: 109.74mg (10.97%), Vitamin B2: 0.18mg (10.72%), Magnesium: 42.18mg (10.55%), Iron: 1.63mg (9.08%), Vitamin C: 6.21mg (7.52%), Vitamin B6: 0.14mg (6.83%), Calcium: 62.21mg (6.22%), Vitamin B1: 0.07mg (4.82%), Zinc: 0.69mg (4.58%), Vitamin B3: 0.67mg (3.36%), Vitamin B5: 0.31mg (3.14%), Selenium: 2µg (2.86%)