




Grilled Beets with Burrata and Poppy Seed Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

Ingredients

- 1.5 pounds baby beets mixed divided trimmed (any color)
- 1 pound mozzarella fresh cut into 8 wedges
- 1 teaspoon dijon mustard
- 8 servings pepper freshly ground
- 5 tablespoons olive oil extra virgin extra-virgin divided
- 1 teaspoon orange zest finely grated
- 2 teaspoons poppy seeds

- 1 bunch spring onion ends trimmed
- 1 small shallots finely chopped
- 2 tablespoons sherry vinegar
- 0.3 cup vegetable oil

Equipment

- bowl
- paper towels
- whisk
- grill

Directions

- Whisk shallot, vinegar, poppy seeds, mustard, and orange zest in a medium bowl.
- Whisk in vegetable oil, then 2 tablespoons olive oil; season with salt and pepper. Set vinaigrette aside.
- Peel and thinly slice 1 beet; set aside.
- Prepare a grill for medium heat. Toss remaining beets with 2 tablespoons olive oil in a medium bowl; season with salt and pepper. Grill beets, covered, turning occasionally, until tender, 30–35 minutes.
- Transfer beets to a plate and let cool.
- Meanwhile, toss scallions with remaining 1 tablespoon olive oil; season with salt and pepper. Grill scallions, turning occasionally, until charred, about 2 minutes.
- Using a paper towel, rub skins from beets and cut into bite-size pieces. Toss beets and reserved dressing in a medium bowl.
- Place cheese on plates or a platter and top with scallions, dressed beets, and reserved beet slices.
- DO AHEAD: Vinaigrette can be made 1 day ahead. Cover and chill. Beets can be grilled and peeled 1 day ahead. Cover and chill. Bring to room temperature before serving

Nutrition Facts



■ PROTEIN 15.94% ■ FAT 72.31% ■ CARBS 11.75%

Properties

Glycemic Index:27.75, Glycemic Load:4.21, Inflammation Score:-5, Nutrition Score:11.749999891157%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 352.98kcal (17.65%), Fat: 28.72g (44.19%), Saturated Fat: 9.76g (61.03%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 7.71g (2.81%), Sugar: 6.68g (7.42%), Cholesterol: 44.79mg (14.93%), Sodium: 430.27mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.5%), Calcium: 315.59mg (31.56%), Folate: 100.41µg (25.1%), Phosphorus: 245.43mg (24.54%), Vitamin K: 25.68µg (24.46%), Vitamin B12: 1.29µg (21.55%), Manganese: 0.38mg (18.91%), Selenium: 10.61µg (15.16%), Zinc: 2.04mg (13.62%), Vitamin E: 1.99mg (13.29%), Vitamin B2: 0.2mg (11.71%), Fiber: 2.78g (11.14%), Potassium: 347.96mg (9.94%), Vitamin A: 443.43IU (8.87%), Magnesium: 35.44mg (8.86%), Iron: 1.17mg (6.52%), Vitamin C: 5.35mg (6.49%), Vitamin B6: 0.09mg (4.68%), Copper: 0.09mg (4.49%), Vitamin B1: 0.05mg (3.66%), Vitamin B5: 0.23mg (2.3%), Vitamin B3: 0.38mg (1.89%), Vitamin D: 0.23µg (1.51%)