



Heirloom Tomato and Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 3 cups heirloom cherry tomatoes halved
- 1 teaspoon dijon mustard
- 3 tablespoons chives fresh chopped
- 2 tablespoons tarragon fresh chopped
- 2 medium golden beets

- 2 pounds heirloom tomatoes sliced
- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil extra-virgin
- 2 medium beets red
- 2 tablespoons shallots chopped

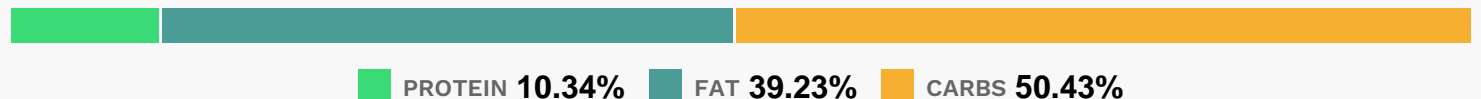
Equipment

- bowl
- oven
- whisk
- aluminum foil

Directions

- Preheat oven to 40
- Trim roots and stems from beets. Pierce beets with a fork, and wrap in foil.
- Bake at 400 for 1 hour or until tender. Cool; peel beets and cut into 1/4-inch-thick slices.
- Combine chives and next 6 ingredients (through mustard) in a small bowl, stirring with a whisk.
- Combine cherry tomatoes and about 5 teaspoons mustard mixture; toss to coat. Divide sliced beets and sliced tomatoes evenly among 6 plates.
- Drizzle each serving with about 3 teaspoons remaining mustard mixture. Top each serving evenly with cherry tomatoes.
- Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:70.83, Glycemic Load:7.76, Inflammation Score:-9, Nutrition Score:16.545652151108%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 166.69kcal (8.33%), Fat: 7.8g (12%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 16.65g (6.05%), Sugar: 14.6g (16.22%), Cholesterol: 0mg (0%), Sodium: 347.31mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin C: 45.62mg (55.3%), Manganese: 0.85mg (42.37%), Folate: 165.38µg (41.34%), Vitamin A: 1827.5IU (36.55%), Potassium: 984.1mg (28.12%), Fiber: 5.93g (23.7%), Vitamin K: 22.17µg (21.11%), Vitamin B6: 0.33mg (16.33%), Vitamin E: 2.31mg (15.38%), Iron: 2.76mg (15.34%), Magnesium: 60.46mg (15.11%), Copper: 0.26mg (12.97%), Phosphorus: 114.83mg (11.48%), Vitamin B3: 1.91mg (9.56%), Vitamin B1: 0.13mg (8.59%), Vitamin B2: 0.13mg (7.45%), Calcium: 73.7mg (7.37%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.42mg (4.25%), Selenium: 1.63µg (2.32%)