



Honey Beet Salad

 Vegetarian  Gluten Free

READY IN



555 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 large beets
- ☐ 0.3 cup cheese blue crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon honey
- ☐ 1.5 teaspoons red wine vinegar
- ☐ 4 servings salt to taste

- ☐ 0.3 cup onion sweet chopped
- ☐ 0.3 cup walnuts chopped
- ☐ 0.3 cup water

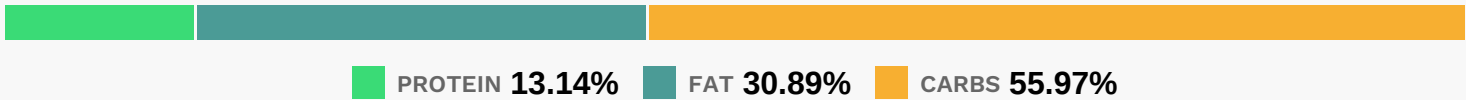
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Arrange beets in a baking dish and pour in water; cover with aluminum foil.
- ☐ Bake in the preheated oven until beets are tender, about 1 hour. Allow beets to cool overnight; remove outer skin and chop beets into bite size pieces.
- ☐ Whisk balsamic vinegar, honey, red wine vinegar, and black pepper together in a bowl. Stir beets, onion, and walnuts into vinegar dressing.
- ☐ Sprinkle with blue cheese, parsley, and salt to serve.

Nutrition Facts



Properties

Glycemic Index:69.32, Glycemic Load:15.25, Inflammation Score:-8, Nutrition Score:17.600000060123%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.81mg, Quercetin: 1.81mg,

Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 235.61kcal (11.78%), Fat: 8.49g (13.06%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 26.3g (9.56%), Sugar: 25.26g (28.06%), Cholesterol: 8.44mg (2.81%), Sodium: 541.28mg (23.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.25%), Folate: 313.16µg (78.29%), Manganese: 1.19mg (59.68%), Fiber: 8.3g (33.22%), Vitamin K: 34.05µg (32.42%), Potassium: 986.63mg (28.19%), Magnesium: 80.59mg (20.15%), Vitamin C: 16.6mg (20.12%), Phosphorus: 184.34mg (18.43%), Copper: 0.34mg (17.14%), Iron: 2.7mg (15.02%), Vitamin B6: 0.26mg (12.83%), Calcium: 119.63mg (11.96%), Zinc: 1.54mg (10.25%), Vitamin B2: 0.17mg (9.94%), Vitamin B1: 0.12mg (7.9%), Vitamin A: 346.32IU (6.93%), Vitamin B5: 0.68mg (6.81%), Vitamin B3: 1.15mg (5.76%), Selenium: 3.99µg (5.71%), Vitamin B12: 0.14µg (2.29%), Vitamin E: 0.21mg (1.38%)