

**73%**
HEALTH SCORE

Italian Parsley and Beet Salad



Vegetarian



Gluten Free



Very Healthy

READY IN

**60 min.**

SERVINGS

**6**

CALORIES

**120 kcal**

SIDE DISH

Ingredients

- ☐ 2.3 pounds the salad with greens (such as chioggia, white, golden, and red; 1 1/2 pounds if already trimmed) assorted
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling
- ☐ 0.3 cup orange juice fresh
- ☐ 1.3 cups flat parsley italian (flat-leaf) (from 1 bunch)
- ☐ 0.3 small onion red
- ☐ 6 servings pecorino fresh grated

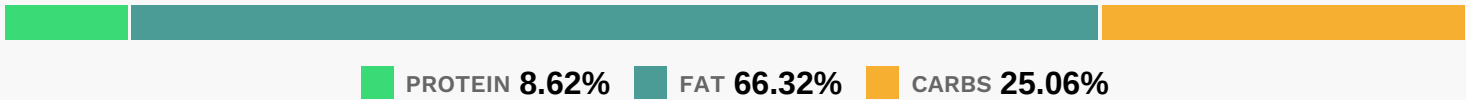
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together juices, oil, and 1/2 teaspoon each of salt and pepper in a large bowl.
- ☐ Trim beets, leaving 1 inch of stems attached, then peel.
- ☐ Using stems as a handle, slice beets paper-thin (less than 1/8 inch thick) with slicer (wear protective gloves to avoid staining hands), then cut slices into very thin matchsticks.
- ☐ Thinly slice onion with slicer.
- ☐ Toss beets, onion, and parsley with dressing and season with salt.
- ☐ Let stand, tossing occasionally, 30 minutes to soften beets and allow flavors to develop.
- ☐ Toss again and season with salt and pepper before serving drizzled with additional oil.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:15.72826082057%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 26.94mg, Apigenin: 26.94mg, Apigenin: 26.94mg, Apigenin: 26.94mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 120.05kcal (6%), Fat: 9.38g (14.43%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.46g (2.71%), Sugar: 1.23g (1.37%), Cholesterol: 0.51mg (0.17%), Sodium: 52.56mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin K: 210.46µg (200.44%), Vitamin C: 62.56mg

(75.83%), Vitamin A: 3010.66IU (60.21%), Folate: 86.53µg (21.63%), Manganese: 0.28mg (13.89%), Potassium: 392.89mg (11.23%), Iron: 1.93mg (10.74%), Vitamin E: 1.4mg (9.33%), Vitamin B6: 0.16mg (7.93%), Phosphorus: 78.45mg (7.85%), Magnesium: 26.82mg (6.7%), Vitamin B2: 0.1mg (6.12%), Vitamin B3: 1.15mg (5.75%), Copper: 0.11mg (5.53%), Vitamin B1: 0.07mg (4.93%), Calcium: 43.86mg (4.39%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.28mg (2.85%), Fiber: 0.52g (2.07%), Selenium: 0.87µg (1.25%)