

Mandarin Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 2 cups beets jarred canned sliced
- ☐ 11 ounce mandarin orange segents with 2 tablespoons liquid from can reserved drained canned
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper black freshly ground

Equipment

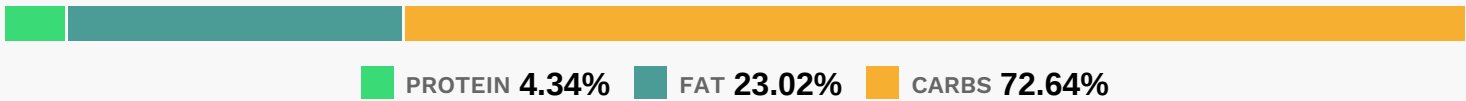
- ☐ bowl

- ☐ whisk
- ☐ spatula

Directions

- ☐ In a large bowl, whisk together mandarin orange liquid, vinegar, oil, and mustard.
- ☐ Add beets and drained oranges to the large bowl and toss to coat with a rubber spatula. Season, to taste, with salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:6.6591304229653%

Nutrients (% of daily need)

Calories: 136.93kcal (6.85%), Fat: 3.67g (5.64%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 24.11g (8.77%), Sugar: 18.97g (21.07%), Cholesterol: 0mg (0%), Sodium: 187.23mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 29.04mg (35.21%), Vitamin A: 1079.9IU (21.6%), Manganese: 0.29mg (14.32%), Folate: 34.65µg (8.66%), Copper: 0.17mg (8.32%), Fiber: 1.92g (7.69%), Potassium: 245.27mg (7.01%), Magnesium: 26.75mg (6.69%), Vitamin B1: 0.08mg (5.5%), Zinc: 0.72mg (4.8%), Vitamin B2: 0.08mg (4.69%), Vitamin E: 0.69mg (4.63%), Vitamin B6: 0.09mg (4.57%), Iron: 0.74mg (4.11%), Vitamin B3: 0.64mg (3.2%), Phosphorus: 29.98mg (3%), Selenium: 1.88µg (2.69%), Vitamin K: 2.63µg (2.5%), Calcium: 23.63mg (2.36%), Vitamin B5: 0.16mg (1.61%)