



HEALTH SCORE

62%

Market Salad with Goat Cheese and Champagne-Shallot Vinaigrette



Vegetarian



Gluten Free



Very Healthy

READY IN



77 min.

SERVINGS



4

CALORIES



847 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound beets
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons champagne vinegar
- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 ounces goat cheese crumbled

- ☐ 8 ounces green beans trimmed cut into 2-inch pieces
- ☐ 2 medium heirloom tomatoes cut into 8 wedges
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 15 ounce natural butter extract rinsed drained canned
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

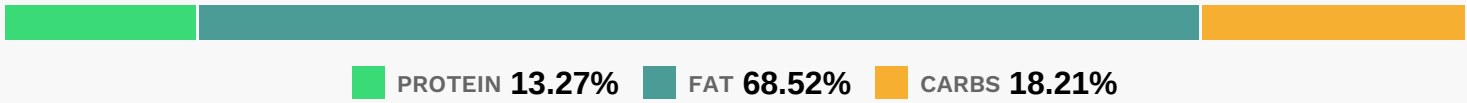
Directions

- ☐ Preheat oven to 35
- ☐ Leave root and 1-inch stem on beets; scrub with a brush. Wrap beets in heavy-duty foil.
- ☐ Bake at 350 for 1 hour and 15 minutes or until tender.
- ☐ Remove from oven; cool. Trim off beet roots and stems; rub off skins.
- ☐ Cut each beet into 8 wedges.
- ☐ Cook beans in boiling water 4 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain well.
- ☐ Combine beans and chickpeas in a medium bowl.
- ☐ Combine shallots and the next 8 ingredients (through pepper) in a small bowl, stirring with a whisk.
- ☐ Add 2 tablespoons dressing to beets; toss well.
- ☐ Combine 2 tablespoons dressing and tomatoes in a bowl; toss gently to coat.
- ☐ Add the remaining 1/4 cup dressing to bean mixture; tossing well to combine.

- ☐
- Place 3/4 cup bean mixture on each of 4 plates. Arrange 4 pieces each of beets andtomatoes around bean mixture.

☐

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:6.27, Inflammation Score:-9, Nutrition Score:34.281304196171%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 847.06kcal (42.35%), Fat: 68.76g (105.78%), Saturated Fat: 14.58g (91.13%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 30.47g (11.08%), Sugar: 21.22g (23.57%), Cholesterol: 6.52mg (2.17%), Sodium: 312.64mg (13.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.91%), Manganese: 2.26mg (112.79%), Vitamin E: 11.83mg (78.84%), Vitamin B3: 15.28mg (76.41%), Magnesium: 232.55mg (58.14%), Folate: 225.92µg (56.48%), Phosphorus: 477.58mg (47.76%), Fiber: 10.64g (42.57%), Vitamin B6: 0.76mg (38.24%), Copper: 0.72mg (36.1%), Potassium: 1241.39mg (35.47%), Vitamin K: 36.49µg (34.76%), Vitamin C: 23.28mg (28.21%), Vitamin A: 1259.91IU (25.2%), Iron: 4.46mg (24.8%), Vitamin B2: 0.4mg (23.3%), Zinc: 3.48mg (23.2%), Vitamin B1: 0.28mg (18.7%), Vitamin B5: 1.58mg (15.79%), Calcium: 143.78mg (14.38%), Selenium: 6.5µg (9.29%)