




 **63%**
HEALTH SCORE

My Favorite Beet Salad


 Vegetarian  Gluten Free  Very Healthy

READY IN




90 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

Ingredients

- 2 avocados pitted peeled cut into bite-sized pieces
- 8 ounce baby spinach leaves
- 0.5 cup balsamic vinegar
- 6 large beets trimmed
- 1 tablespoon dijon mustard to taste
- 0.3 cup olive oil extra virgin
- 4 ounce feta cheese crumbled
- 8 servings salt and ground pepper black to taste

- 0.5 cup olive oil extra-virgin
- 0.5 onion red chopped to taste
- 2 tomatoes cut into bite-sized pieces

Equipment

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

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place the beets into a large bowl, and drizzle with 1/4 cup olive oil, salt, and black pepper.
- Lay out 2 large squares of aluminum foil on a work surface, and place 3 beets onto the center of each sheet. Fold the aluminum foil into 2 envelopes, sealing the beets into the packets; place the packets into a baking dish.
- Bake in the preheated oven until tender, 1 to 1 1/2 hours. Check for tenderness after 1 hour by piercing a beet with a fork. Open the foil, and allow the beets to cool until they can be handled; peel, and slice.
- Lay out the spinach leaves on an attractive oblong-shaped serving platter.
- Sprinkle pieces of tomato and avocado over the spinach leaves, and top with chopped red onion.
- Lay the sliced warm beets over the salad, and top with crumbled feta cheese.
- Whisk together balsamic vinegar, 1/2 cup of olive oil, and Dijon mustard until smooth; pour over the salad to serve.

Nutrition Facts



PROTEIN 9.1% FAT 54.99% CARBS 35.91%

Properties

Glycemic Index:42.75, Glycemic Load:11.3, Inflammation Score:-10, Nutrition Score:26.705652117729%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 319.45kcal (15.97%), Fat: 20.48g (31.5%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 19.79g (7.2%), Sugar: 17.75g (19.72%), Cholesterol: 12.62mg (4.21%), Sodium: 372.94mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin K: 156.48µg (149.03%), Folate: 328.66µg (82.17%), Vitamin A: 3117IU (62.34%), Manganese: 1.09mg (54.31%), Fiber: 10.29g (41.18%), Potassium: 1178.69mg (33.68%), Vitamin C: 27.72mg (33.6%), Magnesium: 93.64mg (23.41%), Vitamin E: 3.26mg (21.72%), Vitamin B6: 0.42mg (20.78%), Vitamin B2: 0.33mg (19.37%), Phosphorus: 183.98mg (18.4%), Iron: 3.07mg (17.07%), Copper: 0.32mg (15.88%), Calcium: 147.3mg (14.73%), Vitamin B5: 1.21mg (12.13%), Zinc: 1.68mg (11.23%), Vitamin B1: 0.16mg (10.6%), Vitamin B3: 2.1mg (10.52%), Selenium: 4.72µg (6.74%), Vitamin B12: 0.24µg (3.99%)