



Nicole's Balsamic Beet and Fresh Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



315 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup aged balsamic vinegar
- 15 ounce beets drained sliced cut into 1/4 inch slivers canned
- 0.3 cup onions red thinly sliced
- 4 cups pkt spinach fresh chopped
- 0.3 cup citrus champagne vinegar
- 1 tablespoon chardonnay wine

Equipment

bowl

whisk

Directions

Whisk together the balsamic vinegar, white wine vinegar, Chardonnay, and sugar in a small bowl.

Place the beets and onions in a small, sealable container.

Pour the vinegar mixture over the beets and onions to completely cover. Seal top; marinate in refrigerator for 4 to 5 hours.

When ready to serve, divide spinach leaves between four salad plates. Top with beet mixture, and drizzle salads with a bit of the marinating liquid.

Nutrition Facts



PROTEIN 7.75% **FAT 1.94%** **CARBS 90.31%**

Properties

Glycemic Index:31, Glycemic Load:1.72, Inflammation Score:-9, Nutrition Score:13.18826088698%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 99.98kcal (5%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 20.53g (7.46%), Sugar: 14.66g (16.28%), Cholesterol: 0mg (0%), Sodium: 187.55mg (8.15%), Alcohol: 0.39g (100%), Alcohol %: 0.27% (100%), Protein: 1.91g (3.81%), Vitamin K: 145.26µg (138.34%), Vitamin A: 2865.39IU (57.31%), Manganese: 0.55mg (27.41%), Folate: 88.84µg (22.21%), Vitamin C: 11.69mg (14.17%), Magnesium: 43.57mg (10.89%), Potassium: 331.65mg (9.48%), Copper: 0.17mg (8.61%), Iron: 1.47mg (8.14%), Fiber: 1.68g (6.72%), Vitamin B2: 0.11mg (6.55%), Vitamin B6: 0.13mg (6.28%), Calcium: 49.19mg (4.92%), Vitamin E: 0.67mg (4.5%), Phosphorus: 40.65mg (4.06%), Zinc: 0.47mg (3.16%), Vitamin B1: 0.04mg (2.59%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.42µg (2.03%), Vitamin B5: 0.18mg (1.79%)