



WHATSheATE



Nicole's Balsamic Beet and Fresh Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



315 min.

SERVINGS



4

CALORIES



123 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
- ☐ 2 tablespoons sugar white
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 tablespoon chardonnay wine

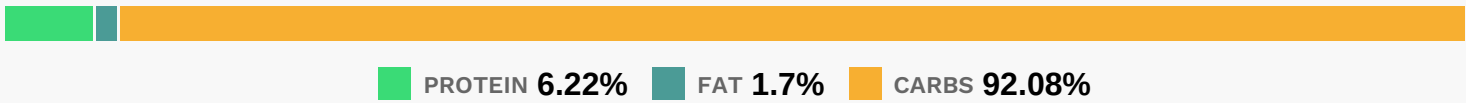
Equipment

- ☐ bowl
- ☐ oven
- ☐ 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



Properties

Glycemic Index:48.52, Glycemic Load:5.9, Inflammation Score:-9, Nutrition Score:13.196521759033%

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: 123.08kcal (6.15%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 26.5g (9.64%), Sugar: 20.64g (22.94%), Cholesterol: 0mg (0%), Sodium: 187.61mg (8.16%), Alcohol: 0.39g (100%), Alcohol %: 0.26% (100%), Protein: 1.91g (3.81%), Vitamin K: 145.26µg (138.34%), Vitamin A: 2865.39IU (57.31%), Manganese: 0.55mg (27.43%), Folate: 88.84µg (22.21%), Vitamin C: 11.69mg (14.17%), Magnesium: 43.57mg (10.89%), Potassium: 331.77mg (9.48%), Copper: 0.17mg (8.63%), Iron: 1.47mg (8.16%), Fiber: 1.68g (6.72%), Vitamin B2: 0.11mg (6.61%), Vitamin B6: 0.13mg (6.28%), Calcium: 49.25mg (4.93%), Vitamin E: 0.67mg (4.5%), Phosphorus: 40.65mg (4.06%), Zinc: 0.48mg (3.17%), Vitamin B1: 0.04mg (2.59%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.46µg

(2.08%), Vitamin B5: 0.18mg (1.79%)