



Orange and Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch beets scrubbed for beet greens! (save them)
- ☐ 2 large navel oranges with a small small knife and sliced
- ☐ 1 bunch arugula leaves thick cleaned
- ☐ 1 slices several of onion red thin
- ☐ 0.3 cup optional walnuts chopped
- ☐ 3 Tbsp citrus champagne vinegar
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 teaspoon mustard dried

☐ 4 servings salt and pepper to taste

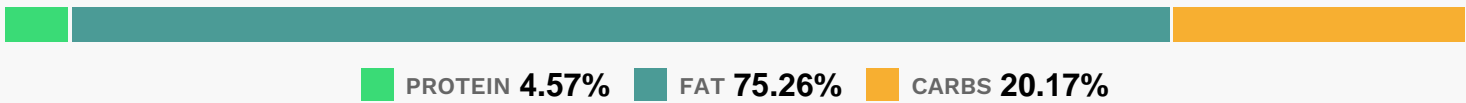
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cook the beets: You can either boil or roast the beets. To boil the beets, cover the unpeeled beets with water, bring to a boil, and simmer for 30 minutes or until beets can easily be pierced through with a fork.
- ☐ If you prefer to roast the beets instead of boiling them, wrap the unpeeled beets in aluminum foil and bake them in the oven at 400°F for an hour or until done. (See our Roasted Beets recipe.)
- ☐ After cooking, allow the beets to come to room temperature and remove their peels. Slice or quarter them.
- ☐ If you have time, place them in a small bowl and marinate them in half of the oil and vinegar dressing.
- ☐ Make the dressing: While the beets are cooking, make the dressing by putting all of the dressing ingredients into a jar. Seal and shake until the dressing is well blended.
- ☐ Compose the salad: Compose individual salad plates with arugula, a few slices of orange, a few beets, a few slices of red onion and a few chopped walnuts.
- ☐ If you want some added color, gently add a few slices of the orange to the beet juice from your bowl of beets.
- ☐ Let the oranges absorb the beet color and use in your salad.
- ☐ Sprinkle dressing over the individual salads.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:10.390434775663%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 212.3kcal (10.61%), Fat: 18.57g (28.57%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 8.63g (3.14%), Sugar: 6.87g (7.64%), Cholesterol: 0mg (0%), Sodium: 207.57mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin C: 46.09mg (55.87%), Vitamin K: 40.14µg (38.22%), Manganese: 0.37mg (18.65%), Vitamin A: 860.84IU (17.22%), Vitamin E: 2.23mg (14.85%), Folate: 59.09µg (14.77%), Fiber: 2.56g (10.26%), Calcium: 84.69mg (8.47%), Copper: 0.17mg (8.42%), Magnesium: 33.66mg (8.41%), Potassium: 264.71mg (7.56%), Vitamin B6: 0.12mg (5.99%), Phosphorus: 58.44mg (5.84%), Vitamin B1: 0.09mg (5.83%), Iron: 0.86mg (4.79%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.47mg (2.36%)