



Orange-Scented Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds beets
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 3 strips orange rind (3-inch)

☐ 4 cups gourmet salad greens

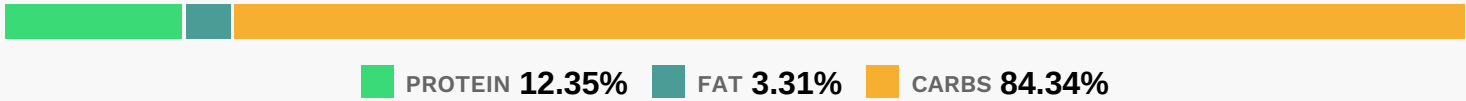
Equipment

- ☐ bowl
- ☐ colander
- ☐ pressure cooker

Directions

- ☐ Trim roots and stems from beets; scrub with a brush. Peel beets.
- ☐ Cut beets in half lengthwise; cut into 1/4-inch-thick slices.
- ☐ Place beets, 3 orange rind strips, orange juice, and vinegar in a 6-quart pressure cooker. Close lid securely; bring to high pressure over high heat (about 4 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 3 minutes.
- ☐ Remove from heat; place pressure cooker under cold running water.
- ☐ Remove lid.
- ☐ Drain mixture in a colander over a bowl, reserving 1 cup cooking liquid. Discard the 3 orange rind strips.
- ☐ Combine 1 cup reserved cooking liquid, beets, onions, sugar, grated orange rind, and mustard in a bowl; toss gently.
- ☐ Place 1 cup greens on each of 4 plates; top with beet mixture.
- ☐ Garnish with additional orange rind strips, if desired.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:16.49, Inflammation Score:-9, Nutrition Score:20.14652158903%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.09mg,

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 196.23kcal (9.81%), Fat: 0.77g (1.18%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 33.98g (12.35%), Sugar: 31.63g (35.15%), Cholesterol: 0mg (0%), Sodium: 306.67mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Folate: 399.67µg (99.92%), Manganese: 1.23mg (61.27%), Vitamin C: 45.01mg (54.56%), Fiber: 10.04g (40.17%), Potassium: 1274.6mg (36.42%), Magnesium: 89.8mg (22.45%), Iron: 3.24mg (18%), Phosphorus: 163.17mg (16.32%), Copper: 0.3mg (15.04%), Vitamin B6: 0.28mg (14.17%), Vitamin A: 700.1IU (14%), Vitamin K: 13.69µg (13.03%), Vitamin B1: 0.16mg (10.37%), Vitamin B2: 0.17mg (10.21%), Zinc: 1.34mg (8.93%), Vitamin B3: 1.55mg (7.75%), Calcium: 77.44mg (7.74%), Vitamin B5: 0.66mg (6.63%), Selenium: 3.56µg (5.08%), Vitamin E: 0.2mg (1.31%)