



Pickled Beet and Endive Salad with Goat Cheese and Walnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 beets
- ☐ 30 small belgian endive
- ☐ 0.5 cup canola oil
- ☐ 1 cup goat cheese crumbled soft
- ☐ 2 cups pepperoncini pepper juice
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 pears cored peeled thinly sliced

- ☐ 8 servings pepper black freshly ground
- ☐ 1 shallots minced
- ☐ 0.3 cup sherry vinegar
- ☐ 0.8 cup walnuts toasted coarsely chopped

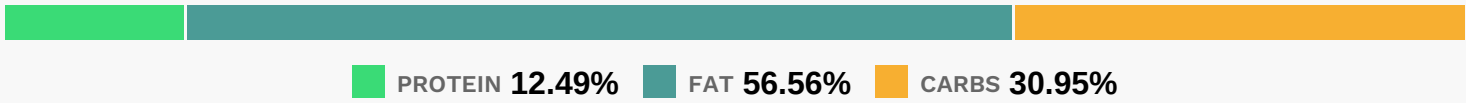
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place the shallots and sherry wine vinegar in a small bowl and slowly whisk in the canola and olive oils. Season to taste with salt and pepper.
- ☐ To prepare the beets: Peel the beets and place in a small saucepan with salted water. Bring to a boil and cook for 15 to 20 minutes, or until tender.
- ☐ Drain the beets and cool slightly. Julienne the beets and place them in a medium bowl with the pickling juice for 2 hours.
- ☐ Drain, discarding the pickling juice. Toss with 2 tablespoons of the vinaigrette and season to taste with salt and pepper.
- ☐ To prepare the salad: In a large bowl, toss the endive, pear, goat cheese, and walnuts with the remaining vinaigrette and season to taste with salt and pepper.
- ☐ Arrange the salad in the center of a large platter and top with the beets. Top with freshly ground black pepper.
- ☐ Charlie Trotter Cooks at Home by Charlie Trotter
- ☐ Ten Speed Press

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:5.42, Inflammation Score:-6, Nutrition Score:12.852173893348%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 287.87kcal (14.39%), Fat: 19g (29.23%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 14.7g (5.35%), Sugar: 11g (12.22%), Cholesterol: 13.05mg (4.35%), Sodium: 136.55mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Manganese: 0.79mg (39.29%), Fiber: 8.7g (34.78%), Folate: 123.85µg (30.96%), Copper: 0.54mg (26.86%), Potassium: 679.16mg (19.4%), Phosphorus: 184.41mg (18.44%), Vitamin B1: 0.21mg (13.85%), Magnesium: 54.7mg (13.68%), Vitamin B6: 0.26mg (13.13%), Vitamin B2: 0.21mg (12.2%), Vitamin C: 9.03mg (10.94%), Calcium: 102.34mg (10.23%), Iron: 1.8mg (10.02%), Vitamin A: 369.95IU (7.4%), Zinc: 1.08mg (7.18%), Vitamin E: 1.05mg (7.03%), Vitamin B5: 0.64mg (6.43%), Vitamin K: 5.66µg (5.39%), Vitamin B3: 0.75mg (3.77%), Selenium: 2.07µg (2.96%)