



Pickled Beet and Herring Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium belgian endive
- ☐ 0.5 lb water drained
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 lb pickled beets drained sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 6 oz watercress (4 cups sprigs)
- ☐ 2 tablespoons citrus champagne vinegar

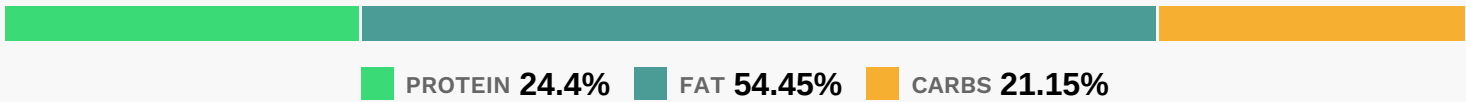
Equipment

☐ whisk

Directions

- ☐ Whisk together vinegar, sugar, and salt until sugar is dissolved, then add oil in a slow stream, whisking.
- ☐ Arrange herring and beets on a platter and drizzle with half of vinaigrette.
- ☐ Toss watercress and endives with remaining vinaigrette, then mound over herring and beets.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:22.160869619121%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

Nutrients (% of daily need)

Calories: 201.08kcal (10.05%), Fat: 12.36g (19.01%), Saturated Fat: 2.17g (13.53%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 7.73g (2.81%), Sugar: 7.33g (8.15%), Cholesterol: 34.02mg (11.34%), Sodium: 435.08mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.91%), Vitamin B12: 7.77µg (129.46%), Vitamin K: 110.81µg (105.53%), Selenium: 21.7µg (31.01%), Vitamin A: 1444.58IU (28.89%), Vitamin C: 23.66mg (28.68%), Manganese: 0.48mg (23.97%), Phosphorus: 186.09mg (18.61%), Iron: 2.91mg (16.17%), Vitamin D: 2.38µg (15.88%), Potassium: 552.53mg (15.79%), Vitamin B6: 0.3mg (15.09%), Vitamin B2: 0.24mg (13.87%), Vitamin E: 2.07mg (13.83%), Folate: 51.05µg (12.76%), Magnesium: 49.31mg (12.33%), Fiber: 3.08g (12.3%), Vitamin B3: 2.13mg (10.66%), Calcium: 106.01mg (10.6%), Copper: 0.17mg (8.31%), Vitamin B1: 0.12mg (7.88%), Vitamin B5: 0.71mg (7.13%), Zinc: 0.89mg (5.94%)