



## Pickled Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



47 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 cup fennel fronds chopped
- ☐ 1 optional: lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parsley chopped
- ☐ 1 quart pickled beets drained cut into wedges
- ☐ 15 servings salt and pepper freshly ground

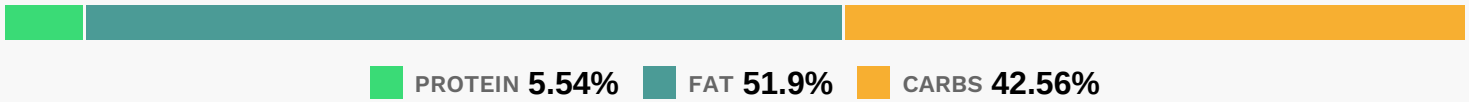
## Equipment

- ☐ bowl

# Directions

- ☐ Arrange the beets on a platter. In a small bowl, combine the olive oil and lemon zest and season with salt and pepper.
- ☐ Drizzle the beets with the olive oil dressing, scatter the fennel fronds and parsley on top and serve.

## Nutrition Facts



## Properties

Glycemic Index:6.83, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.4239129683246%

## Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 47.21kcal (2.36%), Fat: 2.92g (4.49%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.97g (1.45%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 317.7mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 19.12µg (18.21%), Manganese: 0.19mg (9.4%), Vitamin C: 7.65mg (9.28%), Iron: 1.28mg (7.12%), Fiber: 1.42g (5.66%), Folate: 20.37µg (5.09%), Potassium: 114.92mg (3.28%), Magnesium: 12.05mg (3.01%), Vitamin E: 0.45mg (2.99%), Vitamin B6: 0.04mg (2.17%), Copper: 0.04mg (2.12%), Vitamin A: 102.91IU (2.06%), Vitamin B2: 0.03mg (1.65%), Calcium: 13.57mg (1.36%), Phosphorus: 13.18mg (1.32%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.15mg (1.01%)