



Pink Valentine Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon adobo seasoning
- ☐ 15 ounce beets drained sliced cut into bite-size pieces canned
- ☐ 1 tablespoon chile paste
- ☐ 2 tablespoons onion flakes dried minced
- ☐ 2 tablespoons garlic minced
- ☐ 15 ounce hearts of palm drained cut into bite-size pieces canned
- ☐ 0.3 cup cup heavy whipping cream sour to taste

Equipment

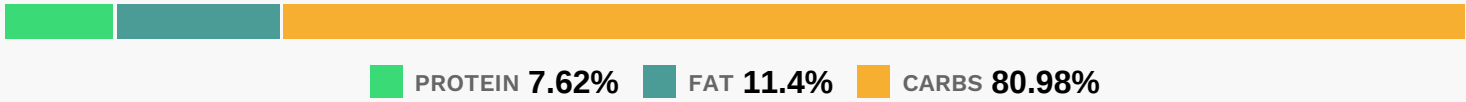
☐

bowl

Directions

- ☐ Combine the beets, hearts of palm, sour cream, garlic, onion flakes, adobo seasoning, and chile paste in a bowl; toss to mix well.
- ☐ Serve immediately or chill.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:14.699565148872%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 239.91kcal (12%), Fat: 3.13g (4.82%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 47.24g (17.18%), Sugar: 31.77g (35.3%), Cholesterol: 8.48mg (2.83%), Sodium: 179.97mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Potassium: 2136.06mg (61.03%), Vitamin B6: 1.02mg (51.12%), Copper: 0.84mg (42.01%), Zinc: 4.4mg (29.34%), Phosphorus: 195.16mg (19.52%), Vitamin C: 14.85mg (18%), Manganese: 0.34mg (17.04%), Vitamin B2: 0.28mg (16.28%), Folate: 59.93µg (14.98%), Iron: 2.4mg (13.35%), Fiber: 2.81g (11.25%), Magnesium: 32.08mg (8.02%), Vitamin B3: 1.36mg (6.78%), Vitamin B1: 0.09mg (6.16%), Calcium: 60.11mg (6.01%), Selenium: 3.17µg (4.52%), Vitamin E: 0.67mg (4.47%), Vitamin A: 222.71IU (4.45%), Vitamin B5: 0.26mg (2.55%)