



Red Hot" Beet Salad with Goat Cheese Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

Ingredients

- 12.3 inch thick baguette toasted
- 1.8 pounds beets scrubbed
- 12 ounces bibb lettuce separated
- 1.3 teaspoons cayenne pepper
- 1 garlic clove minced
- 4 ounces goat cheese fresh
- 1 cup maple syrup pure
- 2 tablespoons olive oil extra-virgin

- 1 teaspoon poppy seeds
- 2 tablespoons red wine vinegar
- 4 servings salt

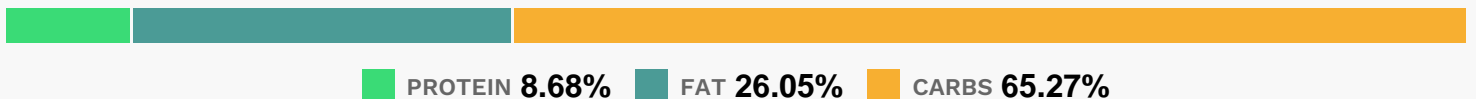
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon

Directions

- In a medium saucepan, cover the beets with water and bring to a boil. Simmer over moderate heat until tender, about 25 minutes.
- Transfer the beets to a plate and let cool, then peel and cut into 1/2-inch dice. Reserve 2 cups of the cooking liquid in the saucepan.
- Add the maple syrup to the pan and boil over moderately high heat for 5 minutes. Stir in the beets and cayenne and simmer over moderate heat until the beets are sweet and hot, about 30 minutes. Using a slotted spoon, transfer the beets to a plate. Boil the cooking liquid until slightly thickened, about 8 minutes. Return the beets to the pan and let cool to room temperature.
- In a small bowl, whisk 2 tablespoons of the beet syrup with the vinegar, olive oil and garlic and season with salt.
- Spread each toast with 2 teaspoons of goat cheese; sprinkle with poppy seeds.
- In a large bowl, toss the lettuce with the beets and vinaigrette. Mound the salad on plates, set the goat cheese toasts alongside and serve.
- Make Ahead: The recipe can be prepared up to 1 day ahead through Step 2 and refrigerated.

Nutrition Facts



Properties

Glycemic Index:59.81, Glycemic Load:31.08, Inflammation Score:-10, Nutrition Score:28.681304169738%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 479.08kcal (23.95%), Fat: 14.14g (21.75%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 79.68g (26.56%), Net Carbohydrates: 72.7g (26.44%), Sugar: 63.16g (70.18%), Cholesterol: 13.04mg (4.35%), Sodium: 513.72mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Manganese: 2.8mg (140.02%), Vitamin K: 92.87µg (88.45%), Vitamin B2: 1.29mg (76.15%), Folate: 291.42µg (72.85%), Vitamin A: 3435.28IU (68.71%), Potassium: 1069.53mg (30.56%), Fiber: 6.99g (27.95%), Calcium: 210.83mg (21.08%), Magnesium: 84.21mg (21.05%), Iron: 3.75mg (20.82%), Copper: 0.4mg (19.85%), Phosphorus: 197.51mg (19.75%), Vitamin C: 13.63mg (16.52%), Vitamin B1: 0.24mg (15.88%), Vitamin B6: 0.31mg (15.41%), Zinc: 1.84mg (12.24%), Vitamin E: 1.51mg (10.1%), Vitamin B3: 1.57mg (7.87%), Vitamin B5: 0.66mg (6.64%), Selenium: 4.29µg (6.13%)