



Richard Simmons' Beet Bowl Salad

 Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large beets
- ☐ 6 servings pepper black freshly ground
- ☐ 2 carrots peeled
- ☐ 2 celery stalks
- ☐ 2 tbsp champagne vinegar
- ☐ 1 small cucumber
- ☐ 1 tbsp olive oil extra virgin
- ☐ 2 tbsp chives fresh chopped

☐ 2 tbsp parmesan cheese grated

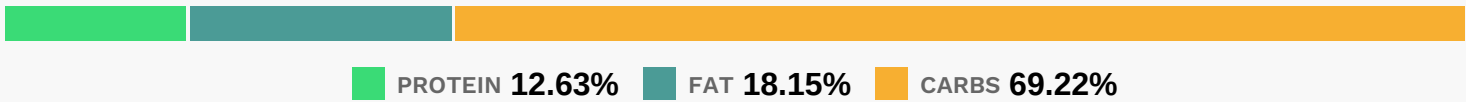
Equipment

☐ bowl

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Richard Simmons’ Beet Bowl Salad
- ☐ Ingredients6 very large beets2 carrots, peeled2 celery stalks1 small cucumber2 tbsp chopped fresh chives2 tbsp champagne vinegar1 tbsp extra virgin olive oil
- ☐ Freshly ground black pepper2 tbsp grated parmesan cheese
- ☐ Total Time: 3 – 4 Hours
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:12.5, Inflammation Score:-10, Nutrition Score:17.50869576552%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 157.78kcal (7.89%), Fat: 3.37g (5.18%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 20.45g (7.43%), Sugar: 19.75g (21.95%), Cholesterol: 1.45mg (0.48%), Sodium: 257.44mg (11.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Folate: 305.68µg (76.42%), Vitamin A: 3570.09IU (71.4%), Manganese: 0.96mg (48.24%), Fiber: 8.44g (33.77%), Potassium: 997.66mg (28.5%), Vitamin C:

16.02mg (19.42%), Magnesium: 69.68mg (17.42%), Phosphorus: 133.47mg (13.35%), Iron: 2.37mg (13.15%), Copper: 0.24mg (11.82%), Vitamin B6: 0.23mg (11.39%), Vitamin K: 9.24µg (8.8%), Vitamin B2: 0.14mg (7.94%), Zinc: 1.13mg (7.52%), Vitamin B1: 0.11mg (7.17%), Calcium: 70.87mg (7.09%), Vitamin B3: 1.13mg (5.66%), Vitamin B5: 0.55mg (5.54%), Vitamin E: 0.6mg (4.01%), Selenium: 2.55µg (3.65%)