



Roasted Baby Beets and Arugula Salad with Lemon Gorgonzola Vinaigrette

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 cups baby arugula
- ☐ 24 baby beets trimmed scrubbed
- ☐ 2 cups roughly torn bite-size pieces bread french
- ☐ 0.3 cup herbs fresh assorted chopped (such as parsley, basil, and rosemary)
- ☐ 1 garlic clove minced
- ☐ 4 ounces gorgonzola cheese crumbled
- ☐ 0.3 cup juice of lemon fresh

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon red wine vinegar

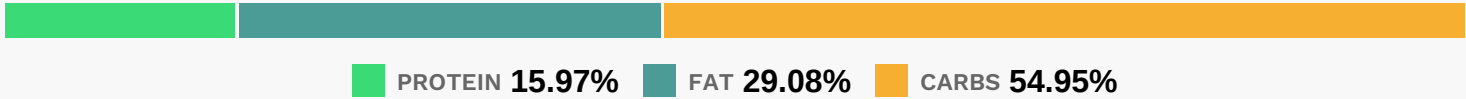
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Place lemon juice and vinegar in small bowl. Gradually whisk in 1/2 cup oil. Stir in cheese. Season with salt and pepper. (Dressing can be made 1 day ahead. Cover and chill.)
- ☐ Preheat oven to 375°F.
- ☐ Heat remaining 1/3 cup oil in medium ovenproof skillet over medium heat.
- ☐ Add bread pieces; toss to coat.
- ☐ Add herbs and garlic; toss to coat. Sauté until bread is crisp, about 4 minutes. Using slotted spoon, transfer croutons to plate in single layer. Cool.
- ☐ Add beets to same skillet, tossing to coat with any remaining herbs and oil. Cover skillet with foil and transfer to oven. Roast until beets are tender, about 45 minutes. Cool beets. Peel, if desired; cut in half.
- ☐ Toss arugula with 1/2 cup dressing in large wide bowl. Season to taste with salt and pepper. Top with beets and croutons and serve.
- ☐ After being roasted, baby beets peel easily, but the skins are perfectly edible if you choose to leave them on.

Nutrition Facts



Properties

Glycemic Index:40.61, Glycemic Load:27.67, Inflammation Score:-9, Nutrition Score:27.97521734756%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.99mg, Kaempferol: 13.99mg, Kaempferol: 13.99mg, Kaempferol: 13.99mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 399.5kcal (19.98%), Fat: 13.19g (20.29%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 47.56g (17.3%), Sugar: 16.8g (18.67%), Cholesterol: 14.17mg (4.72%), Sodium: 730.95mg (31.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Vitamin K: 91.42µg (87.07%), Manganese: 1.62mg (81.22%), Folate: 297.25µg (74.31%), Selenium: 26.8µg (38.29%), Fiber: 8.51g (34.04%), Calcium: 293.76mg (29.38%), Iron: 5mg (27.76%), Vitamin A: 1360.36IU (27.21%), Vitamin B1: 0.4mg (26.91%), Vitamin B3: 5.32mg (26.58%), Phosphorus: 264.5mg (26.45%), Vitamin C: 21.62mg (26.21%), Potassium: 867.52mg (24.79%), Magnesium: 95.29mg (23.82%), Vitamin B2: 0.38mg (22.09%), Vitamin B5: 1.43mg (14.29%), Copper: 0.28mg (14.24%), Zinc: 2.12mg (14.16%), Vitamin B6: 0.27mg (13.56%), Vitamin E: 0.99mg (6.58%), Vitamin B12: 0.23µg (3.84%)