



Roasted Baby Beets and Blood Orange Salad with Blue Cheese



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 baby beets
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 medium blood oranges
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 teaspoon dijon mustard
- ☐ 5 ounce the salad mixed

- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnut pieces toasted chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Leave root and 1 inch stem on beets; scrub with a brush.
- ☐ Cut an 18 x 12-inch sheet of foil.
- ☐ Place beets in center of foil. Gather edges of foil to form a pouch; tightly seal edges.
- ☐ Place pouch on a baking sheet.
- ☐ Bake at 400 for 45 minutes or until tender. Cool 20 minutes. Trim off beet roots; rub off skins.
- ☐ Cut beets into quarters.
- ☐ Grate 1 teaspoon orange rind. Peel and section oranges over a large bowl; squeeze membranes to extract juice. Set sections aside; reserve 3 tablespoons juice. Discard membranes.
- ☐ Combine rind, juice, vinegar, and next 4 ingredients (through pepper) in a small bowl; stir with a whisk.
- ☐ Divide greens evenly among 8 plates. Arrange beets and orange sections on top of greens.
- ☐ Sprinkle each serving with 1 tablespoon cheese and 1 1/2 teaspoons nuts.
- ☐ Drizzle each serving with about 2 teaspoons dressing.

Nutrition Facts



 PROTEIN **11.93%**  FAT **44.54%**  CARBS **43.53%**

Properties

Glycemic Index:33.44, Glycemic Load:5.64, Inflammation Score:-6, Nutrition Score:9.0156521240006%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 134.54kcal (6.73%), Fat: 7.02g (10.8%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 11.87g (4.32%), Sugar: 10.88g (12.09%), Cholesterol: 6.33mg (2.11%), Sodium: 229.96mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin C: 42.02mg (50.93%), Folate: 99.91µg (24.98%), Manganese: 0.38mg (19.05%), Fiber: 3.57g (14.29%), Potassium: 391.38mg (11.18%), Calcium: 87.88mg (8.79%), Phosphorus: 87.28mg (8.73%), Vitamin A: 434.68IU (8.69%), Magnesium: 31.08mg (7.77%), Copper: 0.15mg (7.38%), Vitamin B1: 0.1mg (6.5%), Vitamin B6: 0.13mg (6.44%), Vitamin B2: 0.1mg (5.76%), Iron: 0.85mg (4.71%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.64mg (4.28%), Selenium: 2.45µg (3.49%), Vitamin E: 0.48mg (3.2%), Vitamin B3: 0.62mg (3.09%), Vitamin B12: 0.1µg (1.72%), Vitamin K: 1.69µg (1.61%)