



Roasted Beet and Ginger Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 pounds to beets
- ☐ 1 teaspoon brown sugar dark
- ☐ 2 tablespoons ginger freshly grated
- ☐ 4 servings kosher salt
- ☐ 20 to mint leaves washed and dried
- ☐ 2 tablespoons olive oil

- ☐ 25 parsley leaves washed and dried
- ☐ 4 servings sea salt and pepper black freshly ground

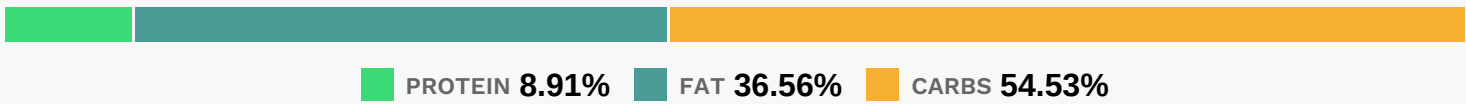
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ kitchen towels
- ☐ kitchen scissors

Directions

- ☐ Cook the beets: Using a pot large enough to hold all of the beets, fill it 3/4 of the way with cold water and add the beets. Season the water generously with salt. Bring the liquid to a gentle simmer over low heat. When the beets are tender when pierced with the tip of a knife, drain the water and allow them to cool for about 10 minutes. Peel them by "wiping" the skin off with a kitchen towel. Trim the tough parts of the tops and bottoms with a small knife and cut each beet into "sections" like pieces of an orange.
- ☐ Make the dressing: In a medium bowl, combine the cider vinegar, balsamic vinegar, brown sugar and sea salt and pepper, to taste. Stir in the beets.
- ☐ Put the bowl in the refrigerator and allow the beets to marinate for about 10 to 15 minutes.
- ☐ When ready to serve, add the olive oil, ginger and parsley leaves. Toss to coat the beets. Use a scissors to "snip" the mint leaves over the salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:10.32, Inflammation Score:-8, Nutrition Score:17.551739018896%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 13.74mg, Apigenin: 13.74mg, Apigenin: 13.74mg, Apigenin: 13.74mg

13.74mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 176.31kcal (8.82%), Fat: 7.51g (11.56%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 18.15g (6.6%), Sugar: 17.03g (18.92%), Cholesterol: 0mg (0%), Sodium: 377.74mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin K: 107.33µg (102.22%), Folate: 262.82µg (65.7%), Manganese: 0.85mg (42.57%), Fiber: 7.05g (28.21%), Vitamin C: 21.19mg (25.69%), Potassium: 824.67mg (23.56%), Vitamin A: 814.29IU (16.29%), Magnesium: 61.73mg (15.43%), Iron: 2.57mg (14.28%), Copper: 0.21mg (10.35%), Phosphorus: 100.44mg (10.04%), Vitamin B6: 0.17mg (8.52%), Vitamin E: 1.16mg (7.7%), Vitamin B2: 0.11mg (6.56%), Zinc: 0.93mg (6.23%), Calcium: 60.43mg (6.04%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 0.95mg (4.77%), Vitamin B5: 0.4mg (4.03%), Selenium: 1.64µg (2.34%)