



Roasted Beet and Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon dijon mustard
- ☐ 1 fennel bulb shaved trimmed
- ☐ 2 ounces goat cheese crumbled
- ☐ 16 ounces golden beets red (4)
- ☐ 0.3 cup grapeseed oil
- ☐ 1 tablespoon honey

- ☐ 0.3 cup sherry vinegar
- ☐ 2 medium vine ripened tomato cut into thin wedges

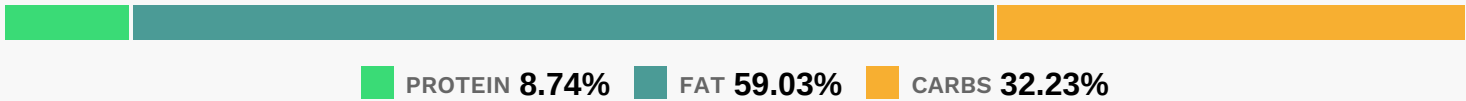
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Wrap beets loosely in foil and roast until tender, 45 minutes to 1 hour.
- ☐ Let cool, then remove skins. (You can rub them off with a paper towel.) Slice beets into thin wedges. Make dressing: Blend grapeseed oil, vinegar, honey, mustard and sesame oil in a blender on high until frothy; season with salt and pepper.
- ☐ Combine beets, arugula, tomatoes and fennel in a bowl; add 2 tablespoon dressing (reserve the rest); toss. Top with goat cheese.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:79.32, Glycemic Load:8.97, Inflammation Score:-8, Nutrition Score:15.299999882346%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 266.73kcal (13.34%), Fat: 18.15g (27.93%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 16.35g (5.95%), Sugar: 16.24g (18.05%), Cholesterol: 6.52mg (2.17%), Sodium: 191.96mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin K: 53.13µg (50.6%), Folate: 160.22µg (40.05%), Vitamin E: 4.73mg (31.52%), Manganese: 0.62mg (30.87%), Vitamin C: 22.61mg (27.4%), Fiber: 5.95g (23.8%), Potassium: 807.5mg (23.07%), Vitamin A: 1012.72IU (20.25%), Copper: 0.28mg (13.78%), Phosphorus: 133.61mg (13.36%), Magnesium: 51.06mg (12.77%), Iron: 2.02mg (11.25%), Vitamin B6: 0.2mg (9.88%), Calcium: 90.8mg (9.08%), Vitamin B2: 0.14mg (8.3%), Vitamin B3: 1.22mg (6.12%), Zinc: 0.82mg (5.47%), Vitamin B1: 0.08mg (5.36%), Vitamin B5: 0.51mg (5.14%), Selenium: 2.1µg (3%)