





## Roasted Beet and Goat Cheese Salad with Balsamic Vinaigrette

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 medium golden beets red
- 0.3 cup olive oil
- 3 tablespoons balsamic vinegar
- 4 cups pkt spinach
- 4 oz goat cheese crumbled
- 1 serving salt and pepper to taste

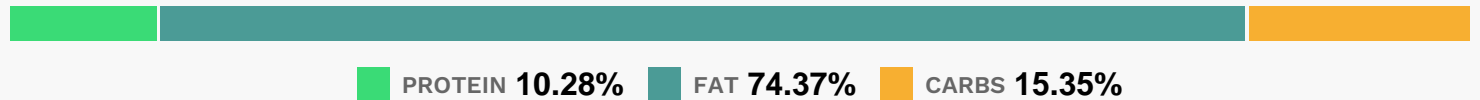
### Equipment

- bowl
- oven
- knife
- whisk
- baking pan

## Directions

- Preheat oven to 425°F. Clean beets thoroughly. Slice in half with a sharp knife, then place in a small baking dish lined with parchment.
- Drizzle half of the olive oil over the beets; bake 40–45 minutes, or until the beets are tender when pierced with a fork.
- Remove beets from oven; allow to cool slightly. In small bowl, whisk together the remaining olive oil and balsamic vinegar.
- Remove the skin of the beets and discard. Dice beets into bite-sized pieces.
- Arrange salad mix on plate, sprinkle with beets and goat cheese crumbles.
- Drizzle with balsamic dressing. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:73, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:28.975217321645%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 575.95kcal (28.8%), Fat: 48.48g (74.58%), Saturated Fat: 13.32g (83.22%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 16.44g (5.98%), Sugar: 15.84g (17.6%), Cholesterol: 26.08mg (8.69%), Sodium: 491.79mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.14%), Vitamin K: 312.83µg (297.94%), Vitamin A: 6268IU (125.36%), Folate: 308.5µg (77.13%), Manganese: 1.19mg (59.29%), Vitamin E: 6.57mg (43.81%),

Copper: 0.63mg (31.34%), Vitamin C: 25.19mg (30.53%), Potassium: 929.3mg (26.55%), Phosphorus: 247.11mg (24.71%), Iron: 4.44mg (24.66%), Magnesium: 98.45mg (24.61%), Fiber: 6.08g (24.32%), Vitamin B2: 0.4mg (23.34%), Vitamin B6: 0.37mg (18.63%), Calcium: 172.88mg (17.29%), Zinc: 1.45mg (9.69%), Vitamin B1: 0.14mg (9.28%), Vitamin B5: 0.69mg (6.88%), Vitamin B3: 1.25mg (6.23%), Selenium: 3.38µg (4.83%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)