



Roasted Beet and Grapefruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces alfalfa sprouts trimmed
- ☐ 6 small beets
- ☐ 1 medium ruby grapefruit red
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 10 grinds pepper black
- ☐ 0.3 cup red wine vinegar
- ☐ 3 pinches salt
- ☐ 1 medium shallots minced

☐ 1 sprigs thyme leaves from 10 delicate

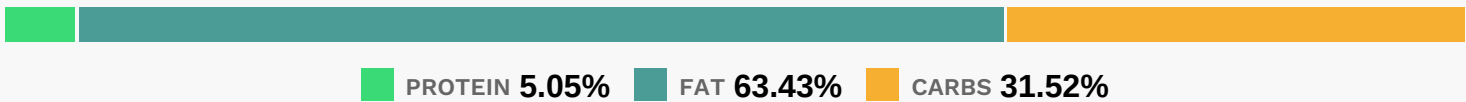
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Wrap the beets individually in aluminum foil. Roast about 1 hour and 15 minutes or until fork tender.
- ☐ Remove beets from oven, unwrap and let cool 5 minutes before peeling. Slice the beets into eighths.
- ☐ Remove the peel of the grapefruit with a sharp knife, cutting all the way down to the grapefruit flesh. Then cut the individual grapefruit segments out from their skin, using the supreme technique.
- ☐ Place the grapefruit segments in a bowl. Take the inner grapefruit remains and squeeze whatever juice you can out of it over the top of the grapefruit segments in the bowl.
- ☐ Make the dressing by mixing together all the dressing ingredients along with all the juice that you can strain from the bowl of grapefruit.
- ☐ Assemble the salad:Make a little heap of alfalfa in the middle of the plate. Scatter the cut beets around the plate. Pinch off pieces of the grapefruit segments and scatter them around the plate.
- ☐ Drizzle generously with dressing, top with a couple more grinds black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:7.7673912825792%

Flavonoids

Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 167.67kcal (8.38%), Fat: 12.31g (18.94%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.37g (9.3%), Cholesterol: 0mg (0%), Sodium: 254.74mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Manganese: 0.51mg (25.33%), Folate: 92.47µg (23.12%), Vitamin C: 18.41mg (22.32%), Fiber: 3.54g (14.16%), Vitamin K: 13.02µg (12.4%), Vitamin E: 1.83mg (12.23%), Vitamin A: 547.27IU (10.95%), Potassium: 349.94mg (10%), Magnesium: 28.04mg (7.01%), Iron: 1.08mg (6%), Copper: 0.11mg (5.63%), Phosphorus: 50.4mg (5.04%), Vitamin B6: 0.1mg (4.79%), Vitamin B1: 0.05mg (3.54%), Vitamin B2: 0.06mg (3.51%), Calcium: 34.85mg (3.48%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.42mg (2.82%), Vitamin B3: 0.41mg (2.07%), Selenium: 0.76µg (1.08%)