






 **20%**
HEALTH SCORE

Roasted Beet and Radicchio Salad

 Vegetarian  Gluten Free

READY IN

45 min.

SERVINGS

4

CALORIES

358 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 4 large beets
- 4 tablespoons olive oil divided
- 1 small head radicchio thinly
- 1 small onion red
- 1 bunch radishes
- 1 cup mint leaves fresh chopped
- 0.8 cup queso fresco crumbled (or cotija)
- 3 tablespoons red wine vinegar

- 1 tablespoon honey
- 1 garlic clove minced
- 1 teaspoon salt
- 0.5 teaspoon pepper

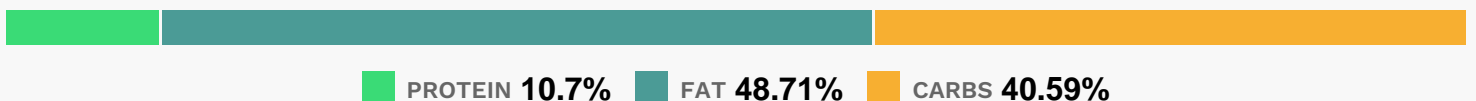
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 400* F. Trim the beets and place them in a baking dish.
- Drizzle the beets with 1 tablespoon of oil. Cover and roast for 30–35 minutes until fork tender.
- Cut the head of radicchio into quarters.
- Remove the core and slice into thin strips.
- Place the radicchio in a bowl of ice water for 20–30 minutes to reduce the bitterness.
- Slice the onion and radishes very thin. In a small bowl, whisk together 3 Tb. of oil, vinegar, honey, garlic, salt and pepper.
- When the beets have cooled a bit, peel off the skin and slice them into thin wedges.
- Toss the radicchio, beets, onions, radishes, and mint with the vinaigrette. Top with crumbled queso fresco and serve.
- Serves 4.

Nutrition Facts



Properties

Glycemic Index:59.32, Glycemic Load:14.76, Inflammation Score:-9, Nutrition Score:24.755652173913%

Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 16.7mg, Luteolin: 16.7mg, Luteolin: 16.7mg, Luteolin: 16.7mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.77mg, Quercetin: 17.77mg, Quercetin: 17.77mg, Quercetin: 17.77mg

Taste

Sweetness: 100%, Saltiness: 90.6%, Sourness: 41.99%, Bitterness: 72.86%, Savoriness: 40.9%, Fattiness: 87.14%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 358.46kcal (17.92%), Fat: 20.16g (31.01%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 28.19g (10.25%), Sugar: 24.86g (27.62%), Cholesterol: 15.78mg (5.26%), Sodium: 984.6mg (42.81%), Protein: 9.96g (19.92%), Vitamin K: 105.52µg (100.5%), Folate: 341.93µg (85.48%), Manganese: 1.18mg (59.08%), Fiber: 9.61g (38.44%), Potassium: 1173.75mg (33.54%), Vitamin C: 24.11mg (29.22%), Phosphorus: 233.21mg (23.32%), Calcium: 220.86mg (22.09%), Magnesium: 87.11mg (21.78%), Vitamin E: 3.07mg (20.44%), Copper: 0.4mg (20.12%), Iron: 3.3mg (18.33%), Vitamin A: 765.02IU (15.3%), Vitamin B6: 0.29mg (14.43%), Zinc: 2.01mg (13.4%), Vitamin B2: 0.2mg (12.02%), Selenium: 7.03µg (10.04%), Vitamin B1: 0.13mg (8.34%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.38µg (6.41%), Vitamin B3: 1.28mg (6.4%), Vitamin D: 0.62µg (4.12%)