



Roasted Beet and Red Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

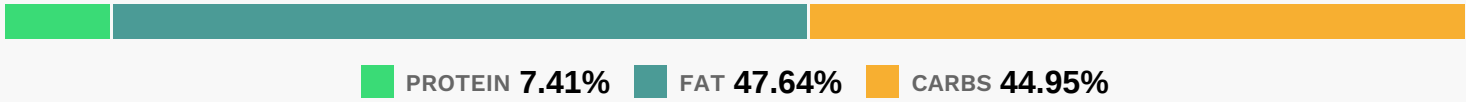
- ☐ 0.5 tsp cumin
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 tsp pepper to taste
- ☐ 2.5 lbs beets red (to learn how to roast, [click here](#))
- ☐ 1 small onion red very thin sliced
- ☐ 0.8 tsp salt to taste
- ☐ 2 tbsp vinegar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Roasted Beet and Red Onion Salad
- ☐ Ingredients6 medium red beets (about 2 ½ lbs), roasted (to learn how to roast, click here)1 small red onion, sliced very thin1/4 cup extra virgin olive oil2 tbsp vinegar3/4 tsp salt, or more to taste1/2 tsp cumin1/4 tsp pepper, or more to taste
- ☐ Total Time: 1 Hour
- ☐ Servings: 8
- ☐ Kosher Key: Pareve, Kosher for Passover (use a KFP vinegar)

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:6.43, Inflammation Score:-5, Nutrition Score:7.3834782890652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 127.42kcal (6.37%), Fat: 7.03g (10.82%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 10.7g (3.89%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 329.56mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Folate: 157.14µg (39.29%), Manganese: 0.5mg (24.94%), Fiber: 4.23g (16.93%), Potassium: 484.01mg (13.83%), Vitamin C: 7.97mg (9.66%), Magnesium: 34.58mg (8.65%), Iron: 1.29mg (7.18%), Vitamin E: 1.04mg (6.91%), Phosphorus: 61.56mg (6.16%), Copper: 0.11mg (5.7%), Vitamin B6: 0.11mg (5.61%), Vitamin K: 4.51µg (4.3%), Vitamin B2: 0.06mg (3.58%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.41%), Calcium: 27.71mg (2.77%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.24mg (2.37%), Selenium: 1.09µg (1.56%)