



Roasted Beet and Shallot Salad over Wilted Beet Greens and Arugula



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces arugula trimmed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.5 pounds beets
- ☐ 2 teaspoons cider vinegar
- ☐ 2 teaspoons olive oil divided
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt divided

- ☐ 8 shallots peeled halved
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Trim beets, reserving greens. Wrap beets in foil.
- ☐ Place beets and shallots on a baking sheet coated with cooking spray. Coat shallots with cooking spray.
- ☐ Bake at 425 for 25 minutes or until shallots are lightly browned.
- ☐ Remove shallots from pan. Return beets to oven; bake an additional 35 minutes or until beets are tender. Cool. Peel beets; cut into 1/2-inch wedges.
- ☐ Place beets, shallots, vinegar, rind, 1 teaspoon oil, and 1/4 teaspoon salt in a large bowl; toss well.
- ☐ Heat remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add reserved beet greens to pan; saut 1 minute or until greens begin to wilt. Stir in sugar, cider, and remaining 1/4 teaspoon salt; cook 30 seconds, stirring constantly.
- ☐ Remove pan from heat.
- ☐ Add arugula; stir just until wilted.
- ☐ Place about 1 cup greens mixture on each of 4 plates.
- ☐ Sprinkle each serving with 1 1/2 teaspoons walnuts; top each serving with 3/4 cup beet mixture.

Nutrition Facts



 **PROTEIN 12.03%**  **FAT 27.77%**  **CARBS 60.2%**

Properties

Glycemic Index:76.52, Glycemic Load:10.75, Inflammation Score:-8, Nutrition Score:16.181304237117%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 176.76kcal (8.84%), Fat: 5.84g (8.98%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 21.15g (7.69%), Sugar: 17.9g (19.89%), Cholesterol: 0mg (0%), Sodium: 440.14mg (19.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Folate: 241.83µg (60.46%), Manganese: 1mg (50.12%), Vitamin K: 40.71µg (38.77%), Fiber: 7.32g (29.27%), Potassium: 880.09mg (25.15%), Vitamin C: 18.4mg (22.3%), Magnesium: 74.9mg (18.73%), Vitamin A: 902.15IU (18.04%), Vitamin B6: 0.34mg (17%), Iron: 2.68mg (14.86%), Copper: 0.28mg (14%), Phosphorus: 134.83mg (13.48%), Calcium: 109.58mg (10.96%), Vitamin B1: 0.12mg (7.73%), Zinc: 1.12mg (7.48%), Vitamin B2: 0.12mg (6.86%), Vitamin B5: 0.59mg (5.94%), Vitamin B3: 0.84mg (4.18%), Vitamin E: 0.56mg (3.76%), Selenium: 2.16µg (3.08%)