



Roasted Beet-And-Sugared Walnut Salad With Orange Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large beets fresh with tops
- ☐ 2 tablespoons butter melted
- ☐ 5 cups salad greens mixed
- ☐ 1 tablespoon olive oil
- ☐ 8 servings orange vinaigrette
- ☐ 2 oranges peeled
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 cup walnut halves

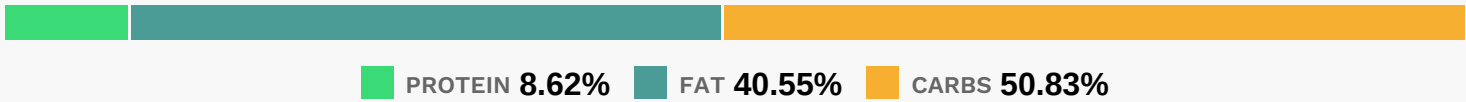
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 3 ingredients; place in a single layer on a baking sheet.
- ☐ Bake at 275 for 40 to 45 minutes, stirring every 15 minutes. Cool and set aside.
- ☐ Cut tops from beets; slice tops, and set aside. Peel beets, and cut into wedges.
- ☐ Toss together beet wedges, olive oil, salt, and pepper; place in a 15- x 10-inch jellyroll pan.
- ☐ Bake at 400, stirring occasionally, 35 to 45 minutes or until tender. Toss with orange sections and half of Orange Vinaigrette.
- ☐ Combine mixed salad greens and sliced beet tops; toss with remaining dressing. Arrange on individual serving plates; top with beets and oranges, and sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:17.08, Inflammation Score:-9, Nutrition Score:20.466956495267%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Hesperetin: 33.45mg, Hesperetin: 33.45mg, Hesperetin: 33.45mg, Hesperetin: 33.45mg Naringenin: 18.81mg, Naringenin: 18.81mg, Naringenin: 18.81mg, Naringenin: 18.81mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 303.11kcal (15.16%), Fat: 14.65g (22.54%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 31.67g (11.51%), Sugar: 30.14g (33.49%), Cholesterol: 7.53mg (2.51%), Sodium: 333.85mg (14.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin C: 81.29mg (98.53%), Folate: 282.88µg (70.72%), Manganese: 1.25mg (62.32%), Fiber: 9.65g (38.61%), Potassium: 994.48mg (28.41%), Copper: 0.45mg (22.73%), Magnesium: 85.23mg (21.31%), Phosphorus: 160.08mg (16.01%), Vitamin B6: 0.31mg (15.46%), Vitamin B1: 0.23mg (15.18%), Vitamin A: 718.24IU (14.36%), Iron: 2.36mg (13.1%), Calcium: 100.59mg (10.06%), Vitamin B2: 0.17mg (9.84%), Zinc: 1.31mg (8.73%), Vitamin B5: 0.74mg (7.41%), Vitamin B3: 1.33mg (6.65%), Vitamin E: 0.74mg (4.93%), Selenium: 2.92µg (4.18%), Vitamin K: 2.2µg (2.1%)