



Roasted Beet, Avocado and Pistachio Salad

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado pitted peeled cut into bite-size pieces
- 1 tablespoon balsamic vinegar
- 3 large beets
- 0.3 cup cherries dried
- 4 servings salt and ground pepper black to taste
- 10 ounce salad greens mixed
- 1 tablespoon olive oil extra-virgin
- 0.3 cup parmesan cheese shredded

0.3 cup pistachios shelled

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cut stems off beets and place whole on a baking sheet. Roast until fork tender, about 45 minutes. Allow to cool; peel and dice beets into large bite-sized pieces. Toss with 1 tablespoon olive oil and 1 tablespoon balsamic vinegar in a bowl; season with salt and black pepper.

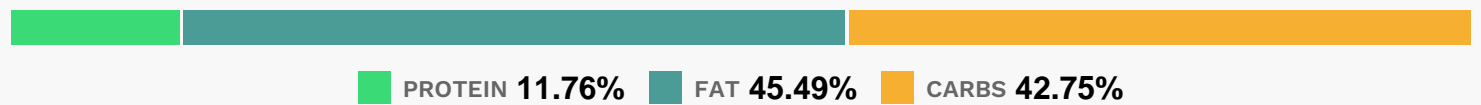
Toss diced avocado with 2 tablespoons olive oil in a separate bowl; season with salt.

To serve, divide salad greens between serving plates. Top each serving with 1/4 of the beets and avocado.

Sprinkle each serving with shelled pistachios, dried cherries, and shredded Parmesan cheese.

Drizzle with remaining 1 tablespoon olive oil and 1 tablespoon balsamic vinegar. Season with salt and ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:9.84, Inflammation Score:-9, Nutrition Score:20.173478020922%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 305.97kcal (15.3%), Fat: 16.39g (25.22%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 24.05g (8.75%), Sugar: 19.28g (21.42%), Cholesterol: 4.25mg (1.42%), Sodium: 283.49mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Folate: 293.66µg (73.42%), Manganese: 0.96mg (47.91%), Fiber: 10.61g (42.43%), Vitamin C: 31.89mg (38.66%), Potassium: 1119.01mg (31.97%), Vitamin A: 1296.01IU (25.92%), Vitamin B6: 0.46mg (22.96%), Phosphorus: 217.33mg (21.73%), Magnesium: 81.99mg (20.5%), Copper: 0.39mg (19.41%), Iron: 2.89mg (16.05%), Calcium: 138.33mg (13.83%), Vitamin K: 13.34µg (12.7%), Vitamin B2: 0.22mg (12.68%), Vitamin B1: 0.19mg (12.51%), Vitamin E: 1.82mg (12.12%), Vitamin B5: 1.17mg (11.69%), Vitamin B3: 2.06mg (10.32%), Zinc: 1.53mg (10.2%), Selenium: 3.86µg (5.52%), Vitamin B12: 0.08µg (1.25%)