



Roasted Beet, Pistachio, and Pear Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 pound beets
- 0.3 teaspoon pepper black
- 0.5 teaspoon brown sugar
- 0.3 cup celery diced
- 1 Dash ground pepper red
- 1 tablespoon honey
- 3 tablespoons juice of lemon fresh
- 1 cup asian pear diced ripe

- 2 tablespoons pistachios chopped
- 1 Dash salt

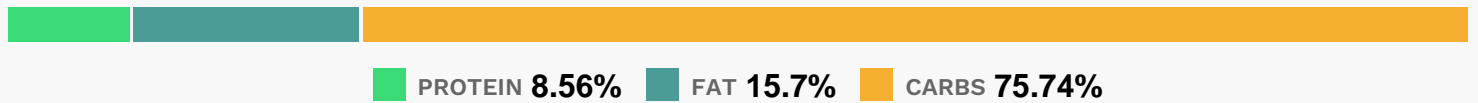
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 42
- Leave root and 1 inch of stem on beets; scrub with a brush.
- Place beets in a small baking dish.
- Bake at 425 for 50 minutes or until tender. Cool. Trim off beet roots; rub off skins. Dice beets.
- Combine beets, pear, celery, and pistachios in a medium bowl.
- Combine juice and next 5 ingredients (juice through red pepper), stirring well with a whisk.
- Drizzle over beet mixture, tossing gently to coat.
- Serve at room temperature or chilled on lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:133.51, Glycemic Load:15.77, Inflammation Score:-6, Nutrition Score:12.607391367788%

Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

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Nutrients (% of daily need)

Calories: 204.4kcal (10.22%), Fat: 3.9g (6%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 33.91g (12.33%), Sugar: 30.26g (33.62%), Cholesterol: 0mg (0%), Sodium: 164.02mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Folate: 204.23µg (51.06%), Manganese: 0.75mg (37.3%), Fiber: 8.4g (33.59%), Vitamin C: 21.41mg (25.95%), Potassium: 790.19mg (22.58%), Copper: 0.31mg (15.34%), Vitamin B6: 0.29mg (14.47%), Magnesium: 57.38mg (14.34%), Phosphorus: 120.28mg (12.03%), Iron: 1.92mg (10.68%), Vitamin B1: 0.14mg (9.08%), Vitamin K: 8.03µg (7.65%), Vitamin B2: 0.12mg (6.85%), Zinc: 0.9mg (5.97%), Calcium: 51.39mg (5.14%), Vitamin B3: 0.88mg (4.39%), Vitamin B5: 0.41mg (4.15%), Vitamin A: 187.59IU (3.75%), Selenium: 1.98µg (2.83%), Vitamin E: 0.42mg (2.82%)