



Roasted Beet Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- 2 pounds beets fresh (5 medium)
- 0.5 teaspoon pepper black divided freshly ground
- 1 tablespoon sage fresh finely chopped
- 2 tablespoons gorgonzola cheese crumbled
- 0.5 teaspoon lemon rind fresh grated
- 2 teaspoons olive oil divided
- 0.3 teaspoon salt divided
- 2 tablespoons shallots minced (1 large)

- 2 tablespoons walnuts toasted chopped
- 2 teaspoons citrus champagne vinegar

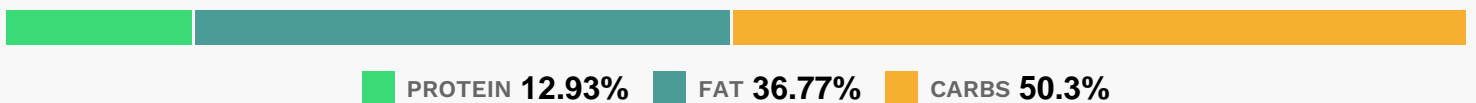
Equipment

- bowl
- oven
- roasting pan

Directions

- Preheat oven to 45
- Trim roots and stems from beets. Peel beets, and cut into 1/2-inch pieces.
- Combine beets, 1 teaspoon oil, 1/8 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl; toss well.
- Spread beets in a shallow roasting pan, and bake at 450 for 40 minutes or until tender.
- Place beets in a medium bowl.
- Add remaining 1 teaspoon olive oil, remaining 1/8 teaspoon salt, remaining 1/4 teaspoon pepper, vinegar, and next 3 ingredients; toss well.
- Sprinkle with walnuts and cheese.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:6.77, Inflammation Score:-5, Nutrition Score:12.849565240352%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 119.74kcal (5.99%), Fat: 5.16g (7.94%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 11.19g (4.07%), Sugar: 10.6g (11.78%), Cholesterol: 3.5mg (1.17%), Sodium: 269.21mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Copper: 3.21mg (160.26%), Folate: 170.94µg (42.73%), Manganese: 0.74mg (37.16%), Fiber: 4.7g (18.78%), Potassium: 536.6mg (15.33%), Magnesium: 43.9mg (10.97%), Vitamin C: 7.94mg (9.63%), Phosphorus: 92.86mg (9.29%), Iron: 1.51mg (8.37%), Vitamin B6: 0.14mg (6.96%), Calcium: 61.02mg (6.1%), Zinc: 0.79mg (5.28%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.06mg (4.32%), Vitamin B5: 0.35mg (3.47%), Vitamin B3: 0.6mg (3%), Selenium: 1.95µg (2.78%), Vitamin E: 0.29mg (1.94%), Vitamin A: 87.3IU (1.75%), Vitamin K: 1.61µg (1.53%)