



Roasted Beet Salad



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 pound beets (5)
- ☐ 6 servings roasted beets
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 ounces goat cheese
- ☐ 3 cups mesculin greens
- ☐ 0.5 cup olive oil
- ☐ 1 large pears

- ☐ 0.3 cup red wine vinegar
- ☐ 6 servings salad
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 6 servings balsamic vinaigrette salad dressing

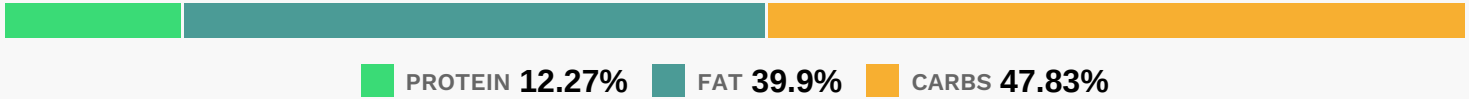
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Place a rack in the center of the oven and preheat the oven to 425 degree F.
- ☐ Place the beets in a sheet of foil and place another sheet on top and create a seal around the beet. Roast the beets on a baking sheet until tender, 45 minutes to 1 hour. Cool the beets in their foil packet for a few minutes, and then rub off the skins using a paring knife if needed. The beets need to still be a little warm to be able to remove the skins easily.
- ☐ While the beets are roasting, toast the almonds in a small skillet over moderate heat, stirring occasionally, until golden brown.
- ☐ Remove and cool.
- ☐ For the vinaigrette: Make the vinaigrette by stirring together the vinegar, mustard, salt and sugar, and then slowly whisk in the olive oil until emulsified.
- ☐ Slice the cooled and peeled beets into 1/4-inch thick slices and add half the vinaigrette, tossing to coat completely. Toss the remaining vinaigrette with the salad greens.
- ☐ Quarter and core the pear and slice it into julienne strips, about 1/8-inch thick.
- ☐ Arrange the dressed greens, and beets on a platter and top with the pear, toasted nuts, and goat cheese.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:8.07, Inflammation Score:-8, Nutrition Score:12.300869643688%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 179.44kcal (8.97%), Fat: 8.36g (12.86%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 16.85g (6.13%), Sugar: 13.89g (15.44%), Cholesterol: 4.35mg (1.45%), Sodium: 362.06mg (15.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.57%), Folate: 184.26µg (46.06%), Manganese: 0.68mg (34.15%), Vitamin C: 22.66mg (27.46%), Fiber: 5.71g (22.82%), Potassium: 649.59mg (18.56%), Vitamin A: 836.52IU (16.73%), Copper: 0.28mg (13.96%), Magnesium: 54.78mg (13.69%), Phosphorus: 129.32mg (12.93%), Vitamin E: 1.67mg (11.12%), Iron: 1.99mg (11.06%), Vitamin B2: 0.18mg (10.43%), Vitamin B6: 0.18mg (9.22%), Calcium: 58.78mg (5.88%), Zinc: 0.88mg (5.86%), Vitamin B1: 0.08mg (5.49%), Vitamin B3: 1.05mg (5.27%), Vitamin K: 5.31µg (5.05%), Vitamin B5: 0.4mg (3.97%), Selenium: 1.86µg (2.66%)