



Roasted Beet Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 30.5 ounce beets rinsed drained sliced canned
- ☐ 1.5 cups feta cheese crumbled
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 Dash hot sauce
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup olives pitted ripe
- ☐ 0.3 cup rice wine vinegar
- ☐ 8 servings salt to taste

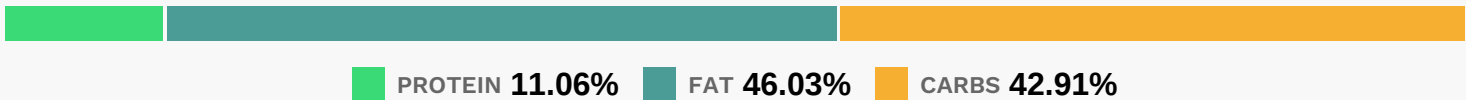
Equipment

- ☐ oven
- ☐ broiler

Directions

- ☐ Remove broiler tray from oven and coat with nonstick cooking spray. Replace tray and preheat broiler. After beets are drained place on coated broiler tray.
- ☐ Place under hot broiler, turning every 2 to 3 minutes until edges start to brown, approximately 8 to10 minutes.
- ☐ Remove beets from oven and allow to cool.
- ☐ Mix remaining ingredients with cooled beets. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:7.4347825879636%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 192.88kcal (9.64%), Fat: 10.16g (15.63%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 19.88g (7.23%), Sugar: 12.01g (13.35%), Cholesterol: 25.03mg (8.34%), Sodium: 616.53mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin B2: 0.3mg (17.55%), Calcium: 160.86mg (16.09%), Manganese: 0.3mg (14.9%), Phosphorus: 127.2mg (12.72%), Vitamin B6: 0.23mg (11.41%), Folate: 42.05µg (10.51%), Selenium: 6.13µg (8.76%), Copper: 0.16mg (8.16%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.48µg (7.92%), Magnesium: 25.68mg (6.42%), Vitamin A: 318.19IU (6.36%), Fiber: 1.44g (5.78%), Vitamin E: 0.85mg (5.64%), Potassium: 192.11mg (5.49%), Iron: 0.95mg (5.28%), Vitamin B1: 0.07mg (4.65%), Vitamin C: 3.78mg (4.58%), Vitamin B5: 0.45mg (4.5%), Vitamin B3: 0.62mg (3.08%), Vitamin K: 2.59µg (2.46%)