



Roasted Beet Salad

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

Ingredients

- 1.5 lb beets ()
- 1 tablespoon vegetable oil
- 4 cups the salad mixed
- 1 medium cranberry-orange relish peeled sliced
- 0.5 cup walnut halves toasted coarsely chopped
- 1 oz goat cheese crumbled (goat)
- 0.5 cup balsamic vinaigrette salad dressing fresh

Equipment

frying pan

oven

Directions

Heat oven to 425°F.

Remove greens from beets, leaving about 1/2 inch of stem. Wash beets well; leave whole with root ends attached.

Place beets in ungreased 13x9-inch pan; drizzle with oil.

Bake uncovered about 40 minutes or until tender.

Remove skins from beets under running water.

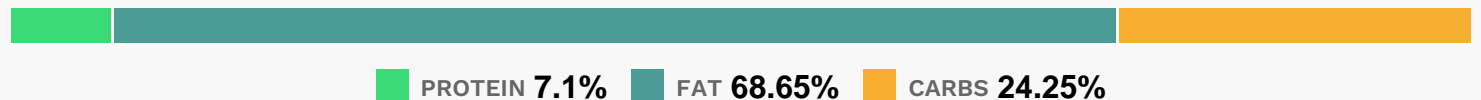
Let beets cool until easy to handle, about 30 minutes. Peel beets and cut off root ends; cut beets into slices.

Cut each slice in half.

On 4 salad plates, arrange salad greens. Top with beets, orange slices, walnuts and cheese.

Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:8.87, Inflammation Score:-8, Nutrition Score:17.209130542434%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 379.66kcal (18.98%), Fat: 30.44g (46.83%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 17.67g (6.43%), Sugar: 15.79g (17.54%), Cholesterol: 3.26mg (1.09%), Sodium: 169.76mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Manganese: 1.13mg (56.65%), Folate: 225.21µg (56.3%), Vitamin C: 35.23mg (42.7%), Vitamin K: 37.99µg (36.18%), Fiber: 6.53g (26.11%), Copper: 0.45mg

(22.34%), Potassium: 749.73mg (21.42%), Magnesium: 71.04mg (17.76%), Phosphorus: 156.97mg (15.7%), Vitamin A: 660.36IU (13.21%), Vitamin B6: 0.26mg (13.09%), Vitamin E: 1.96mg (13.07%), Iron: 2.21mg (12.26%), Vitamin B1: 0.15mg (9.87%), Vitamin B2: 0.15mg (8.82%), Zinc: 1.22mg (8.13%), Calcium: 69.77mg (6.98%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.53mg (5.25%), Selenium: 2.93µg (4.19%)