

Roasted Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup natural almonds sliced
- ☐ 3 ounces baby arugula
- ☐ 1 bunch beets trimmed ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 1 large asian pear
- ☐ 1.5 tablespoons red-wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon shallots minced
- ☐ 0.3 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425°F.
- ☐ Wrap beets in foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets and cool.
- ☐ While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool).
- ☐ Transfer almonds with a slotted spoon to a small bowl and season with salt.
- ☐ Stir together shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl.
- ☐ Slip skins from beets and halve large beets.
- ☐ Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat.
- ☐ Quarter and core pear and cut into julienne strips.
- ☐ Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with mâche, then pear.
- ☐ Sprinkle with almonds.
- ☐ Beets may be roasted and tossed with dressing 1 day ahead, then chilled and covered. (Keep toasted almonds, covered, at room temperature. Bring dressing to room temperature before using.)

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:5.76, Inflammation Score:-7, Nutrition Score:10.492173853128%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 214.19kcal (10.71%), Fat: 15.3g (23.54%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 13.28g (4.83%), Sugar: 11.2g (12.44%), Cholesterol: 0mg (0%), Sodium: 346.84mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin K: 32.17µg (30.64%), Vitamin E: 3.99mg (26.61%), Manganese: 0.52mg (25.84%), Folate: 98.31µg (24.58%), Fiber: 5.08g (20.32%), Magnesium: 53.51mg (13.38%), Vitamin C: 10.4mg (12.61%), Potassium: 428.37mg (12.24%), Vitamin A: 539.97IU (10.8%), Copper: 0.21mg (10.29%), Vitamin B2: 0.16mg (9.48%), Phosphorus: 88.2mg (8.82%), Iron: 1.37mg (7.58%), Calcium: 75.01mg (7.5%), Vitamin B6: 0.1mg (4.83%), Zinc: 0.67mg (4.46%), Vitamin B1: 0.06mg (3.76%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.27mg (2.72%), Selenium: 0.96µg (1.37%)