



Roasted Beet Salad with Cocoa Vinaigrette



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



531 kcal

SIDE DISH

Ingredients

- ☐ 6 small beets washed and peeled
- ☐ 0.5 cup cacao nibs
- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 2 oranges peeled
- ☐ 0.3 cup onion red thinly sliced

- ☐ 0.3 cup red wine vinegar
- ☐ 5 ounce spring mix salad greens
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 0.5 cup walnuts toasted chopped

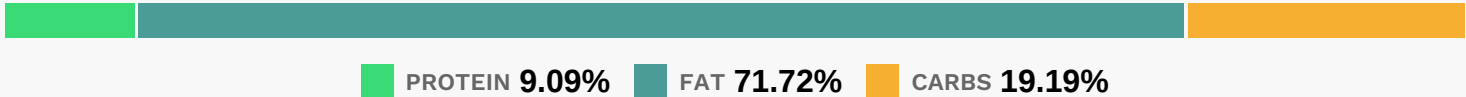
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, combine the olive oil, salt, and pepper.
- ☐ Brush the beets with the olive oil mixture, then wrap them in aluminum foil and arrange on a baking sheet.
- ☐ Bake until fork tender, about 1 hour and 15 minutes.
- ☐ Remove from the oven and let cool in the foil. Slice the beets and set aside.
- ☐ Evenly divide the salad greens, orange sections, walnuts, goat cheese, red onion, and beets between 4 salad plates. Top each salad with 2 tablespoons of cacao nibs.
- ☐ Drizzle with Cocoa Vinaigrette just before serving.
- ☐ In a small bowl, add the vinegar, cocoa powder, sugar, salt, and pepper and whisk until smooth. Slowly add the oil, whisking constantly, until blended.

Nutrition Facts



Properties

Glycemic Index:63.9, Glycemic Load:8.33, Inflammation Score:-8, Nutrition Score:18.263913076857%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 530.68kcal (26.53%), Fat: 43.6g (67.07%), Saturated Fat: 12.85g (80.3%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 18.27g (6.65%), Sugar: 15.58g (17.31%), Cholesterol: 13.05mg (4.35%), Sodium: 349.25mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin C: 49.83mg (60.4%), Manganese: 1.02mg (50.81%), Folate: 175.76µg (43.94%), Fiber: 7.98g (31.92%), Copper: 0.59mg (29.49%), Vitamin E: 3.27mg (21.82%), Magnesium: 86.2mg (21.55%), Phosphorus: 198.33mg (19.83%), Potassium: 648mg (18.51%), Vitamin A: 884.05IU (17.68%), Vitamin B6: 0.31mg (15.46%), Iron: 2.41mg (13.4%), Vitamin B2: 0.22mg (13.13%), Vitamin K: 13.74µg (13.08%), Vitamin B1: 0.18mg (11.91%), Calcium: 108mg (10.8%), Zinc: 1.27mg (8.49%), Vitamin B5: 0.68mg (6.76%), Vitamin B3: 1.06mg (5.32%), Selenium: 2.88µg (4.11%)