



## Roasted-Beet Salad with Feta Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 1.5 pounds beets
- 0.1 teaspoon pepper black
- 1 ounce feta cheese crumbled
- 4 teaspoons parsley fresh chopped
- 2 tablespoons mayonnaise low-fat
- 2 tablespoons milk 1% low-fat
- 4 teaspoons onion red minced
- 6 cups gourmet salad greens

- 0.1 teaspoon salt
- 0.3 cup cup heavy whipping cream fat-free sour
- 1.5 teaspoons citrus champagne vinegar

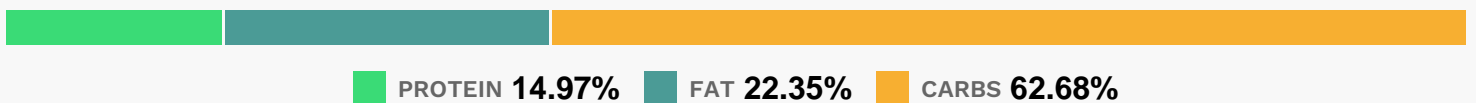
## Equipment

- baking sheet
- oven
- whisk
- aluminum foil

## Directions

- Preheat oven to 425
- Leave root and 1 inch stem on beets; scrub with a brush.
- Place beets on a baking sheet lined with foil.
- Bake at 425 for 45 minutes or until tender. Cool the beets slightly. Trim off beet roots; rub off skins. Slice each beet into 8 wedges.
- Combine feta cheese and the next 6 ingredients (feta through pepper); stir well with a whisk.
- Divide greens evenly among 4 plates, and top with beet wedges. Spoon dressing over salad.
- Sprinkle with onion and parsley.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:12.371304361717%

## Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

0.63mg, Quercetin: 0.63mg

## **Nutrients (% of daily need)**

Calories: 133.39kcal (6.67%), Fat: 3.48g (5.36%), Saturated Fat: 1.28g (8%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 17.17g (6.24%), Sugar: 12.26g (13.62%), Cholesterol: 9.1mg (3.03%), Sodium: 383.13mg (16.66%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.25g (10.5%), Folate: 212.43µg (53.11%), Manganese: 0.66mg (33.11%), Vitamin C: 22.55mg (27.33%), Potassium: 698.1mg (19.95%), Fiber: 4.82g (19.26%), Vitamin A: 832.7IU (16.65%), Phosphorus: 138.64mg (13.86%), Magnesium: 49.98mg (12.5%), Vitamin B2: 0.19mg (11.22%), Iron: 1.82mg (10.11%), Vitamin B6: 0.2mg (10.11%), Calcium: 98.83mg (9.88%), Copper: 0.17mg (8.28%), Zinc: 1.04mg (6.94%), Vitamin B1: 0.09mg (6.22%), Vitamin K: 5.98µg (5.7%), Selenium: 3.61µg (5.16%), Vitamin B3: 0.99mg (4.96%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.24mg (1.58%)