



Roasted Beet Salad with Oranges and Queso Fresco (Ensalada de Betabel)



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 6 cups arugula
- ☐ 4 beets with root ends and stem ends intact), preferably different colors
- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings coarse kosher salt
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 limes
- ☐ 5 tablespoons olive oil extra-virgin divided

- ☐ 4 medium oranges
- ☐ 4 oz queso fresco crumbled (see Notes)
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons shallots finely chopped

Equipment

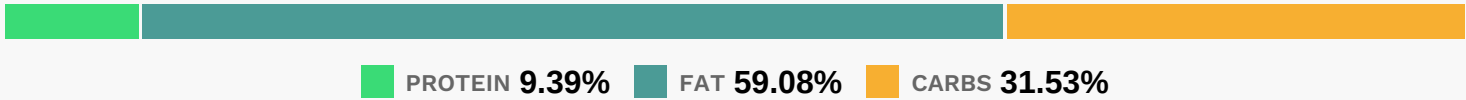
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Scrub beets, pat dry, rub with 1 tbsp. olive oil, and sprinkle generously with salt. Put beets on a foil-covered baking sheet and bake until tender when pierced, about 1 hour. Refrigerate uncovered until cool enough to handle, about 30 minutes.
- ☐ Cut off roots and stems, then rub beets with paper towels to remove skin; discard skin.
- ☐ Cut beets in half lengthwise, then slice into half-moons about 1/4 in. thick; set aside.
- ☐ Cut ends off oranges, then cut away peel and outer membrane in wide strips, following the curve of the fruit with knife. Discard peel. Working over a bowl to catch juices, cut oranges between inner membranes and fruit to release segments into bowl; squeeze juice from membranes into bowl and discard membrane.
- ☐ Finely zest limes into another bowl. Juice limes and add juice to zest.
- ☐ Add shallots, vinegar, and juice from oranges.
- ☐ Whisking constantly, slowly drizzle remaining 4 tbsp. olive oil into bowl.
- ☐ Add beets, toss to coat, and season to taste with salt and pepper. Cover bowls airtight and let stand at room temperature at least 15 minutes and up to 3 hours.

- ☐
- Arrange arugula on a platter.
- ☐
- Sprinkle with cilantro leaves.
- ☐
- Pour beets and dressing over arugula and scatter with orange segments and cheese.

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:5.02, Inflammation Score:-7, Nutrition Score:10.347391387691%

Flavonoids

Hesperetin: 25.05mg, Hesperetin: 25.05mg, Hesperetin: 25.05mg, Hesperetin: 25.05mg Naringenin: 10.6mg, Naringenin: 10.6mg, Naringenin: 10.6mg, Naringenin: 10.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 179.92kcal (9%), Fat: 12.42g (19.1%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 11.35g (4.13%), Sugar: 10.02g (11.13%), Cholesterol: 9.78mg (3.26%), Sodium: 337.86mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin C: 44.47mg (53.9%), Vitamin K: 25.23µg (24.02%), Folate: 82.71µg (20.68%), Calcium: 144.99mg (14.5%), Fiber: 3.56g (14.25%), Vitamin A: 707.61IU (14.15%), Manganese: 0.23mg (11.46%), Vitamin E: 1.58mg (10.5%), Potassium: 359mg (10.26%), Phosphorus: 93.4mg (9.34%), Magnesium: 28.55mg (7.14%), Vitamin B1: 0.09mg (5.97%), Vitamin B6: 0.11mg (5.31%), Vitamin B2: 0.09mg (5.04%), Selenium: 3.51µg (5.01%), Iron: 0.87mg (4.81%), Copper: 0.09mg (4.67%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.24µg (3.97%), Vitamin B5: 0.39mg (3.94%), Vitamin D: 0.38µg (2.55%), Vitamin B3: 0.42mg (2.11%)