



Roasted Beet Salad with Oranges & Gorgonzola

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

- 0.7 cup heinz balsamic vinegar white
- 2 heads belgian endive separated trimmed
- 0.3 tsp pepper black freshly ground
- 2 golden beets fresh trimmed
- 0.5 cup athenos gorgonzola cheese crumbled
- 1 Tbsp olive oil
- 2 oranges peeled sliced

- 2 beets fresh red trimmed
- 2 shallots thinly sliced
- 6 thyme sprigs fresh

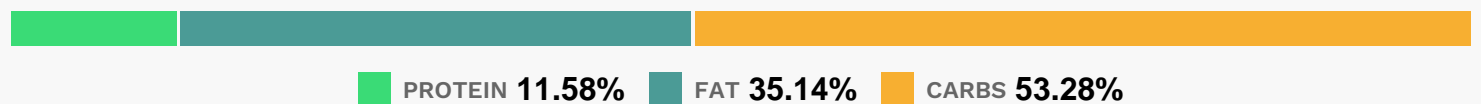
Equipment

- baking sheet
- sauce pan
- oven
- roasting pan

Directions

- Heat oven to 425F.
- Place beets in roasting pan or on baking sheet; drizzle with oil.
- Bake 45 min. to 1 hour or until tender.
- Remove from oven; cool 20 min.
- Remove skins. Slice beets; cut slices into strips.
- Meanwhile, bring vinegar and thyme to boil in small saucepan. Simmer on low heat 10 min. or until reduced to about 3 Tbsp. liquid, stirring occasionally. Strain and cool.
- Arrange endive, oranges, shallots and beets on serving platter.
- Drizzle with balsamic reduction; top with cheese and pepper.

Nutrition Facts



Properties

Glycemic Index:88.63, Glycemic Load:10.47, Inflammation Score:-9, Nutrition Score:11.260434864656%

Flavonoids

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.09mg,

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 199.58kcal (9.98%), Fat: 7.84g (12.06%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 21.41g (7.79%), Sugar: 19.08g (21.2%), Cholesterol: 10.59mg (3.53%), Sodium: 238.43mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Vitamin C: 43.01mg (52.13%), Folate: 128.87µg (32.22%), Manganese: 0.45mg (22.39%), Fiber: 5.33g (21.32%), Potassium: 577.31mg (16.49%), Calcium: 141.7mg (14.17%), Phosphorus: 120.89mg (12.09%), Magnesium: 41.65mg (10.41%), Vitamin B6: 0.18mg (8.88%), Iron: 1.58mg (8.77%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.11mg (7.42%), Vitamin A: 362.34IU (7.25%), Copper: 0.14mg (7.11%), Vitamin B5: 0.62mg (6.18%), Zinc: 0.86mg (5.76%), Vitamin E: 0.7mg (4.64%), Selenium: 3.16µg (4.51%), Vitamin B3: 0.7mg (3.49%), Vitamin B12: 0.17µg (2.87%), Vitamin K: 2.91µg (2.78%)