



Roasted Beet Salad with Watercress, Lentils, Sopressata and Taleggio

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar to taste
- ☐ 1.5 cups roasted beets
- ☐ 4 small slices country bread italian cooled toasted
- ☐ 1 cup lentils cooked
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 8 ounces sopressata sausage thinly sliced
- ☐ 6 ounces taleggio cheese soft
- ☐ 1 bunch watercress dry washed and spun

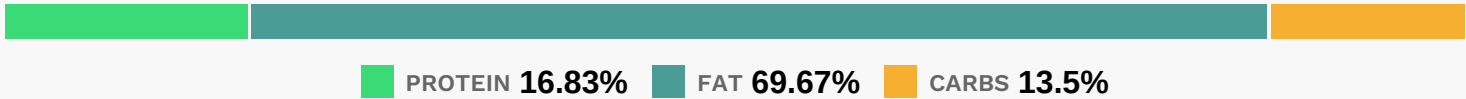
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

☐ In a large mixing bowl, toss beets, lentil, watercress with olive oil and balsamic vinegar and season to taste. Divide salad among 4 plates. Divide sopressata around base of each salad. Divide cheese over each of the four pieces of toast, and place in center on top of each salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.58, Glycemic Load:5.3, Inflammation Score:-7, Nutrition Score:14.924782628598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 511.08kcal (25.55%), Fat: 40g (61.54%), Saturated Fat: 14.56g (91.02%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 12.03g (4.37%), Sugar: 6.2g (6.89%), Cholesterol: 74.42mg (24.81%), Sodium: 913.07mg (39.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.49%), Folate: 147.16µg (36.79%), Calcium: 264.43mg (26.44%), Vitamin K: 25.27µg (24.07%), Manganese: 0.46mg (22.9%), Vitamin A: 1092IU (21.84%), Fiber: 5.41g (21.64%), Phosphorus: 193.36mg (19.34%), Vitamin B1: 0.27mg (17.67%), Vitamin B3: 3.43mg (17.15%), Iron: 2.9mg (16.11%), Vitamin B6: 0.31mg (15.25%), Vitamin E: 2.26mg (15.09%), Potassium: 524.63mg (14.99%), Zinc: 2.06mg (13.76%), Copper: 0.21mg (10.47%), Magnesium: 40.65mg (10.16%), Vitamin B5: 0.8mg (8.03%), Vitamin B12: 0.48µg (8.03%), Vitamin B2: 0.14mg (7.98%), Vitamin C: 6.33mg (7.67%), Vitamin D: 0.74µg (4.91%), Selenium: 2.09µg (2.98%)