



HEALTH SCORE

100%

Roasted Beets and Baby Greens with Corinader Vinaigrette and Cilantro Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

Ingredients



2 pounds baby beets



6 cups peas red assorted (such as oak leaf and lolla rossa)



0.5 teaspoon pepper black freshly ground



4 servings kosher salt



0.3 cup chives fresh coarsely chopped



2 cups cilantro leaves fresh coarsely chopped



0.3 cup mint leaves fresh packed ()

- ☐ 1 small garlic clove peeled
- ☐ 1 tablespoon jalapeno seeded chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 1 tablespoon coriander seeds whole

Equipment

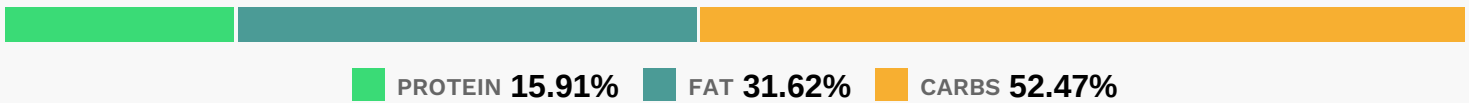
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Stir coriander in small skillet over medium heat until fragrant, about 4 minutes. Cool. Coarsely grind coriander in mortar with pestle or in spice mill.
- ☐ Transfer to small bowl.
- ☐ Heat 1 tablespoon oil in same skillet over medium heat.
- ☐ Add shallots; sauté until soft, about 3 minutes.
- ☐ Transfer to bowl with coriander.
- ☐ Add vinegar, garlic, salt, and pepper. Gradually whisk in 7 tablespoons oil. (Can be made 1 day ahead. Cover and chill; discard garlic after 1 hour.
- ☐ Let vinaigrette stand at room temperature 1 hour before using.)

- ☐ Puree first 9 ingredients in blender until smooth. (Can be made 1 day ahead. Cover and chill. Reblend before continuing.)
- ☐ Whisk in lime juice.
- ☐ Preheat oven to 350°F. Wash and dry beets.
- ☐ Cut off beet greens 1 inch from top of beets; reserve for another use. Rub beets with oil.
- ☐ Place light-colored beets in 1 roasting pan and red beets in another; sprinkle with coarse salt. Cover pans tightly with foil. Roast until beets are just tender, about 55 minutes. Cool slightly. Using towel, rub off peel and stems from beets.
- ☐ Cut beets in half.
- ☐ Place light-colored beets and red beets in 2 separate bowls. Toss beets in each bowl with 2 tablespoons vinaigrette.
- ☐ Let stand 30 minutes. Toss lettuces in bowl with some of vinaigrette to coat lightly; divide among plates and top with beets.
- ☐ Drizzle pesto around salads and serve.

Nutrition Facts



Properties

Glycemic Index:89.83, Glycemic Load:19.68, Inflammation Score:-10, Nutrition Score:41.968260495559%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 450.07kcal (22.5%), Fat: 16.66g (25.63%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 62.2g (20.73%), Net Carbohydrates: 41.07g (14.94%), Sugar: 31.1g (34.57%), Cholesterol: 0mg (0%), Sodium: 391.19mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.71%), Manganese: 3.33mg (166.54%), Vitamin C:

112.74mg (136.66%), Folate: 413.22µg (103.3%), Vitamin K: 98.8µg (94.09%), Fiber: 21.13g (84.52%), Vitamin A: 2596.1IU (51.92%), Vitamin B1: 0.74mg (49.23%), Magnesium: 182.3mg (45.57%), Phosphorus: 450.07mg (45.01%), Potassium: 1539.13mg (43.98%), Copper: 0.85mg (42.29%), Iron: 6.8mg (37.77%), Zinc: 4.82mg (32.13%), Vitamin B6: 0.64mg (31.83%), Vitamin B3: 6.33mg (31.65%), Vitamin B2: 0.45mg (26.62%), Vitamin E: 2.83mg (18.85%), Calcium: 129.76mg (12.98%), Selenium: 6.37µg (9.1%), Vitamin B5: 0.77mg (7.73%)