



HEALTH SCORE

51%

Roasted Beets and Citrus with Feta



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 3 tablespoons balsamic vinegar
- ☐ 10 inch beets trimmed unpeeled
- ☐ 2 teaspoons dijon mustard
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 teaspoons lime finely grated
- ☐ 2 small grapefruit

- ☐ 1 teaspoon honey
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons orange zest finely grated
- ☐ 2 cranberry-orange relish

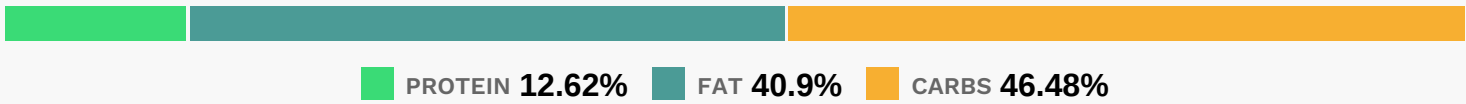
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Whisk vinegar, mustard, citrus peels, and honey in small bowl. gradually whisk in oil. Season vinaigrette with salt and freshly ground black pepper.
- ☐ Preheat oven to 400°F. Toss beets and oil in large bowl; sprinkle with salt and pepper. Wrap each beet in foil. place directly on oven rack; roast until tender, 60 to 70 minutes. Open foil; cool 30 minutes. Rub skins off beets; cut each into 8 wedges.
- ☐ Sprinkle with salt and pepper.
- ☐ Place spinach in large bowl; toss with 2 tablespoons vinaigrette. Divide among plates.
- ☐ Add beets and citrus segments to same bowl.
- ☐ Add 2 tablespoons vinaigrette; toss to coat. Arrange beet mixture atop spinach; sprinkle with cheese and chives.
- ☐ Serve, passing any remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:92.44, Glycemic Load:7.46, Inflammation Score:-10, Nutrition Score:24.519999991293%

Flavonoids

Hesperetin: 18.2mg, Hesperetin: 18.2mg, Hesperetin: 18.2mg, Hesperetin: 18.2mg Naringenin: 42.67mg, Naringenin: 42.67mg, Naringenin: 42.67mg, Naringenin: 42.67mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 210.96kcal (10.55%), Fat: 10.1g (15.54%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 21.15g (7.69%), Sugar: 16.98g (18.86%), Cholesterol: 25.23mg (8.41%), Sodium: 392.3mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 213.38µg (203.22%), Vitamin A: 5521.91IU (110.44%), Vitamin C: 82.43mg (99.91%), Folate: 134.41µg (33.6%), Manganese: 0.49mg (24.28%), Calcium: 241.28mg (24.13%), Vitamin B2: 0.39mg (22.72%), Fiber: 4.67g (18.68%), Potassium: 558.31mg (15.95%), Vitamin B6: 0.31mg (15.44%), Phosphorus: 152.91mg (15.29%), Magnesium: 60.09mg (15.02%), Vitamin B1: 0.19mg (12.48%), Vitamin E: 1.69mg (11.25%), Iron: 1.74mg (9.68%), Selenium: 6.05µg (8.65%), Zinc: 1.23mg (8.19%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.76mg (7.62%), Copper: 0.14mg (7.1%), Vitamin B3: 1.04mg (5.22%)