



Roasted Beets and Nectarine Salad

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb beets
- ☐ 4 cups spring mix of spinach mixed
- ☐ 2 nectarines sliced
- ☐ 1 oz round of président brie crumbled (goat)
- ☐ 2 tablespoons walnuts toasted
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice
- ☐ 2 tablespoons onion finely chopped

- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon salt

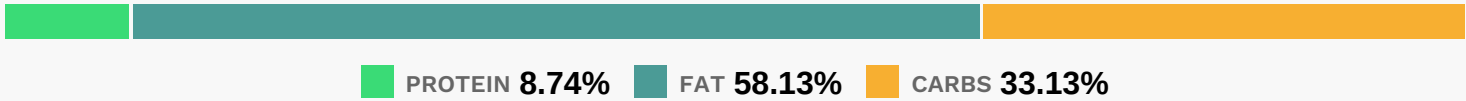
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F.
- ☐ Remove greens from beets, leaving about 1/2 inch of stem. Do not trim or cut root. Wash beets well. Tightly wrap beets in double layer of foil, and roast on cookie sheet 1 to 1 1/4 hours or until tender. When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch-wide wedges.
- ☐ In small bowl, mix dressing ingredients with wire whisk.
- ☐ In large bowl, toss half the dressing with mixed greens. Divide evenly among 4 salad plates. Arrange beets, nectarines, cheese and walnuts over each salad.
- ☐ Drizzle remaining dressing over each salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:7.89, Inflammation Score:-7, Nutrition Score:11.717391376262%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin:

1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 238.63kcal (11.93%), Fat: 16.21g (24.93%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 16.05g (5.84%), Sugar: 14.37g (15.97%), Cholesterol: 7.09mg (2.36%), Sodium: 312.35mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Folate: 155.76µg (38.94%), Manganese: 0.66mg (32.83%), Vitamin C: 21.59mg (26.16%), Fiber: 4.73g (18.92%), Potassium: 589.49mg (16.84%), Vitamin A: 788.49IU (15.77%), Vitamin E: 2.05mg (13.67%), Copper: 0.25mg (12.54%), Magnesium: 48.23mg (12.06%), Phosphorus: 114.29mg (11.43%), Iron: 1.66mg (9.23%), Vitamin B6: 0.18mg (8.97%), Vitamin K: 8.31µg (7.92%), Vitamin B2: 0.13mg (7.86%), Vitamin B3: 1.52mg (7.62%), Vitamin B1: 0.11mg (7.04%), Zinc: 0.97mg (6.5%), Vitamin B5: 0.46mg (4.59%), Calcium: 45.77mg (4.58%), Selenium: 2.69µg (3.84%), Vitamin B12: 0.12µg (1.95%)