



Roasted Beets with Sautéed Greens

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

Ingredients

- 6 servings balsamic vinaigrette
- 4 pounds beets fresh with leaves (6 medium)
- 1.8 teaspoons pepper black divided freshly ground
- 2 garlic cloves minced
- 2 ounces goat cheese crumbled
- 1.8 teaspoons kosher salt divided
- 2.5 tablespoons olive oil divided
- 0.8 cup walnuts toasted coarsely chopped

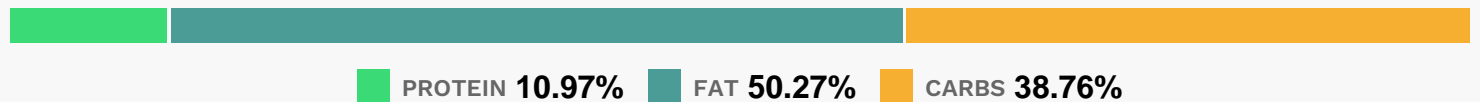
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Remove stems and leaves from beets, discarding stems. Coarsely chop leaves; set aside.
- Place each beet on a piece of aluminum foil.
- Drizzle each evenly with 1 teaspoon olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Wrap beets tightly in foil.
- Bake at 375 for 1 1/2 hours or until tender. Cool slightly; gently rub beets to remove skins.
- Cut beets in half lengthwise, and thinly slice into crescents.
- Meanwhile, heat remaining 1 1/2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- Add garlic, and saut 1 minute.
- Add greens and remaining 1/4 teaspoon each of salt and pepper; saut 2 to 3 minutes or until wilted and tender.
- Toss cooled beets with greens and vinaigrette. Cover and chill several hours or until ready to serve.
- Sprinkle with walnuts and goat cheese before serving.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:13.45, Inflammation Score:-8, Nutrition Score:18.763913105363%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 308.81kcal (15.44%), Fat: 18.27g (28.1%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 22.07g (8.02%), Sugar: 20.95g (23.28%), Cholesterol: 4.35mg (1.45%), Sodium: 958.6mg (41.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Folate: 345.21µg (86.3%), Manganese: 1.6mg (79.82%), Fiber: 9.62g (38.46%), Potassium: 1061.7mg (30.33%), Copper: 0.54mg (26.99%), Magnesium: 95.44mg (23.86%), Phosphorus: 198.2mg (19.82%), Vitamin C: 15.32mg (18.57%), Iron: 3.14mg (17.42%), Vitamin B6: 0.32mg (15.94%), Zinc: 1.62mg (10.78%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.15mg (10.19%), Calcium: 80.92mg (8.09%), Vitamin E: 1.09mg (7.25%), Vitamin B5: 0.63mg (6.3%), Vitamin B3: 1.23mg (6.14%), Vitamin K: 5.65µg (5.38%), Selenium: 3.27µg (4.67%), Vitamin A: 203.61IU (4.07%)