



HEALTH SCORE

51%

Roasted Carrot and Beet Salad with Feta, Pulled Parsley, and Cumin Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients



1 pound baby beets cleaned peeled



1 pound baby carrots green peeled



0.3 cup cumin



0.3 pound feta cheese



1 cup parsley fresh



1 tablespoon olive oil extra virgin extra-virgin



1 teaspoon salt

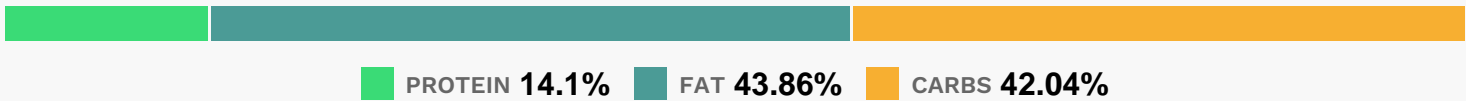
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 450F.
- ☐ Bring a large pot of water to a vigorous boil, add 1/2 teaspoon of the salt, then add the carrots. Blanch for 1 minute and remove to a bowl of ice water to stop the cooking. Once cool, remove and set aside.
- ☐ Place the beets in a large pot of cold water. Bring to a boil, add the remaining 1/2 teaspoon of salt, and simmer until the beets are tender. Strain the beets and peel them using paper towels to rub off the skin. This is easier when they are still warm.
- ☐ Crumble the feta and set aside.
- ☐ Toss the carrots with 1/2 tablespoon of the olive oil and place them on half of a rimmed baking sheet. Toss the beets with the remaining olive oil and place on the other half of the baking sheet. Roast for 15 minutes.
- ☐ Remove the beets and carrots from the oven and place in separate bowls.
- ☐ Add 1 tablespoon of the vinaigrette and 1/2 cup of the parsley to the beets and toss.
- ☐ Add 1 tablespoon of the vinaigrette, the remaining parsley, and the feta to the carrots and toss. Divide the carrots evenly among 6 plates. Then divide the beets evenly among the plates and gently mix with the carrots.
- ☐ Drizzle with a touch more of the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:3.73, Inflammation Score:-10, Nutrition Score:23.032608737116%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 170.24kcal (8.51%), Fat: 8.9g (13.69%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 13.51g (4.91%), Sugar: 9.02g (10.02%), Cholesterol: 16.82mg (5.61%), Sodium: 743.18mg (32.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin A: 11497.36IU (229.95%), Vitamin K: 173.53µg (165.27%), Iron: 8.58mg (47.66%), Manganese: 0.71mg (35.69%), Folate: 125.05µg (31.26%), Vitamin C: 19.73mg (23.91%), Calcium: 235.3mg (23.53%), Fiber: 5.67g (22.7%), Potassium: 668.34mg (19.1%), Magnesium: 69.63mg (17.41%), Phosphorus: 170.09mg (17.01%), Vitamin B2: 0.26mg (15.24%), Vitamin B6: 0.26mg (13.1%), Copper: 0.24mg (11.95%), Zinc: 1.52mg (10.12%), Vitamin B1: 0.15mg (9.72%), Vitamin B3: 1.44mg (7.21%), Selenium: 4.57µg (6.53%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.32µg (5.32%)