



## Roasted Carrot and Beetroot Salad

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



17 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1 lb beets fresh peeled cut into 1/ slices
- 4 large carrots peeled thin
- 1 Tbsp olive oil divided
- 2 radishes thinly sliced
- 0.3 cup athenos reduced fat feta cheese crumbled
- 4 cups tightly torn salad greens mixed packed

### Equipment

baking sheet

oven

## Directions

Heat oven to 425F.

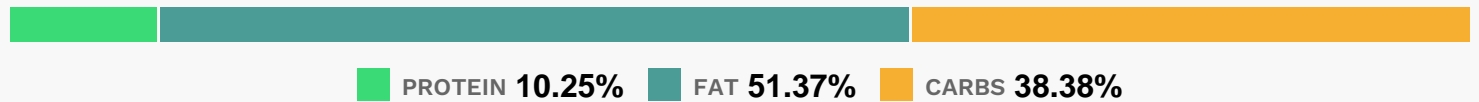
Toss beets with 1-1/2 tsp. oil; spread onto half of large rimmed baking sheet sprayed with cooking spray. Toss carrots with remaining oil; spread onto other side of baking sheet.

Bake 25 to 30 min. or until vegetables are tender. Cool 5 min.

Cover large platter with salad greens; top with roasted vegetables and radishes.

Drizzle with dressing; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:2.86, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:1.6521739399304%

## Flavonoids

Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 17.19kcal (0.86%), Fat: 1.01g (1.56%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.98g (1.09%), Cholesterol: 0.54mg (0.18%), Sodium: 35.04mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin A: 1001.62IU (20.03%), Folate: 12.21µg (3.05%), Manganese: 0.04mg (2.14%), Vitamin C: 1.55mg (1.88%), Fiber: 0.42g (1.67%), Potassium: 53.8mg (1.54%)