

food  
network



HEALTH SCORE

51%

## Roasted Red and Yellow Beets with Goat Cheese and Lemon-Tarragon Vinaigrette



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

### Ingredients

- ☐ 1 pound arugula washed and dried
- ☐ 2 large beets yellow trimmed
- ☐ 8 ounces goat cheese crumbled soft
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 tablespoons olive oil divided
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 large beets red trimmed

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 tablespoon tarragon leaves finely chopped

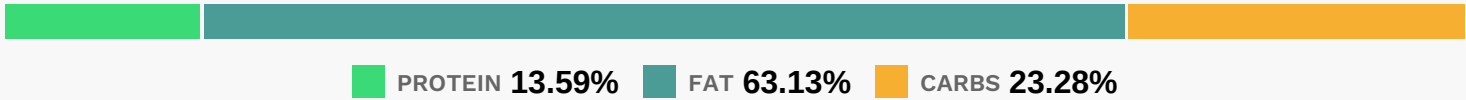
## Equipment

- ☐ whisk
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Preheat grill. Rub beets with 2 tablespoons of the olive oil and wrap separately in aluminum foil.
- ☐ Place on the grill over medium heat and let cook for 1 hour or until tender.
- ☐ Remove from foil and let cool slightly. Peel and cut into 1-inch pieces.
- ☐ Whisk together the olive oil, lemon juice and tarragon and season with salt and pepper.
- ☐ Arrange the arugula on a platter, top with beets and goat cheese and drizzle with lemon vinaigrette.
- ☐ Sprinkle with pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:43.67, Glycemic Load:8.7, Inflammation Score:-9, Nutrition Score:25.401303985844%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg Kaempferol: 26.38mg, Kaempferol: 26.38mg, Kaempferol: 26.38mg, Kaempferol: 26.38mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

## Nutrients (% of daily need)

Calories: 364.21kcal (18.21%), Fat: 26.74g (41.13%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 15.55g (5.65%), Sugar: 14.6g (16.23%), Cholesterol: 17.39mg (5.8%), Sodium: 302.19mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.91%), Vitamin K: 95.07µg (90.54%), Manganese: 1.48mg (73.95%), Folate: 282.68µg (70.67%), Vitamin A: 2296.05IU (45.92%), Vitamin C: 24.79mg (30.05%), Copper: 0.56mg (27.76%), Potassium: 958.88mg (27.4%), Fiber: 6.64g (26.55%), Magnesium: 102.23mg (25.56%), Phosphorus: 245.58mg (24.56%), Iron: 4.06mg (22.54%), Calcium: 218.27mg (21.83%), Vitamin E: 3.02mg (20.15%), Vitamin B2: 0.31mg (18.31%), Vitamin B6: 0.31mg (15.48%), Zinc: 1.75mg (11.68%), Vitamin B1: 0.14mg (9.46%), Vitamin B5: 0.9mg (9.01%), Vitamin B3: 1.36mg (6.8%), Selenium: 2.66µg (3.8%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)