



Russian Beet Salad with Herring

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



10

CALORIES



177 kcal

SIDE DISH

Ingredients

- 2 beets with tops and bottoms removed washed
- 2 large carrots peeled
- 10 servings salt and ground pepper black to taste
- 12 ounce herring fillets packed in oil
- 6 tablespoons mayonnaise
- 3 russet potatoes whole
- 0.5 onion yellow chopped

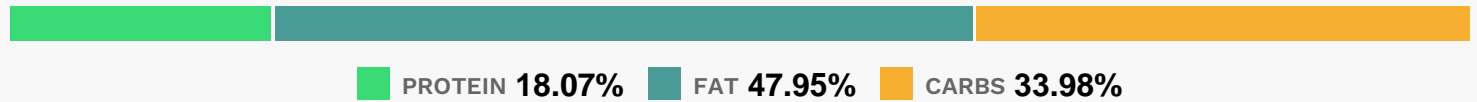
Equipment

- bowl
- pot
- plastic wrap

Directions

- Bring a large pot of water to a boil. Cook the potatoes, carrots, and beets in the boiling water until cooked but still firm, 15 to 20 minutes for the potatoes, 25 to 30 minutes for the carrots, and 40 minutes for the beets. Allow each to cool to the touch before further handling.
- Remove and discard the skins from the potatoes and beets. Shred the potatoes, carrots, and beets, keeping them separate.
- Arrange about half the onion and half the herring fillets in a layer in the bottom of a bowl. Cover the layer with about half of the grated potatoes, then a layer of about half the carrot, and finally about half the beet.
- Spread about 3 tablespoons of mayonnaise over the salad; season with salt and pepper. Repeat the layers in the same order to finish building the salad. Cover with plastic wrap and chill in the refrigerator at least 1 hour.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:10.4, Inflammation Score:-9, Nutrition Score:13.550434817439%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 176.76kcal (8.84%), Fat: 9.48g (14.59%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.31g (4.84%), Sugar: 2.47g (2.74%), Cholesterol: 23.94mg (7.98%), Sodium: 110.12mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin B12: 4.67µg (77.85%), Vitamin A: 2449.47IU (48.99%), Selenium: 13.03µg (18.61%), Vitamin B6: 0.36mg (18.08%), Vitamin K: 17µg (16.19%), Potassium:

488.13mg (13.95%), Phosphorus: 130.55mg (13.05%), Manganese: 0.21mg (10.36%), Vitamin B3: 1.96mg (9.8%), Vitamin D: 1.45µg (9.64%), Folate: 34.44µg (8.61%), Magnesium: 31.89mg (7.97%), Fiber: 1.81g (7.25%), Vitamin C: 5.94mg (7.2%), Vitamin B2: 0.12mg (6.97%), Vitamin B1: 0.1mg (6.78%), Iron: 1.14mg (6.32%), Copper: 0.12mg (6.05%), Vitamin E: 0.75mg (5%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.64mg (4.25%), Calcium: 37.45mg (3.75%)