



## Russian Vinaigrette Beet Salad



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

### Ingredients

- ☐ 3 large beets
- ☐ 15 ounce black beans drained canned
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 3 carrots peeled cut into fourths lengthwise
- ☐ 2 tablespoons optional: dill fresh chopped to taste
- ☐ 5 green onions chopped
- ☐ 15 ounce peas green drained canned
- ☐ 10 marinated mushrooms diced

- ☐ 3 toppings: such as pickles diced
- ☐ 1 large potatoes
- ☐ 0.5 onion diced red
- ☐ 1.5 tablespoons vegetable oil
- ☐ 15.3 ounce kernel corn whole drained canned

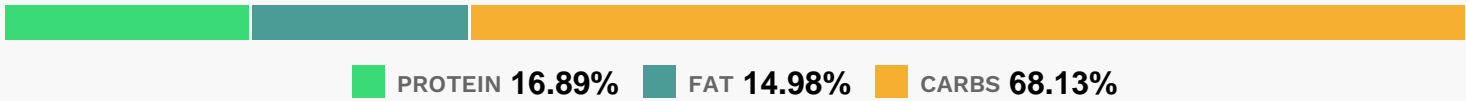
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Place the beets and potato into a large saucepan, cover with water, and bring to a boil. Reduce heat to medium-low, and gently boil until the vegetables are tender, 30 to 45 minutes.
- ☐ Drain the beets and potato, and let cool completely.
- ☐ Remove peels when cool; cut into 1/4-inch dice.
- ☐ Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- ☐ Add the carrots, recover, and steam until just tender, about 5 minutes depending on thickness.
- ☐ Remove from steamer, and let cool completely. Dice when cool.
- ☐ Place the beets, potato, carrots, red onion, pickles, marinated mushrooms, garbanzo beans, black beans, corn, green peas, and green onions into a large salad bowl, and gently stir to combine.
- ☐ Drizzle in the vegetable oil, stir again, and garnish the salad with the fresh dill to serve.

## Nutrition Facts



## Properties

Glycemic Index:44.16, Glycemic Load:15.29, Inflammation Score:-10, Nutrition Score:26.307825865953%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 297.97kcal (14.9%), Fat: 5.12g (7.88%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 38.33g (13.94%), Sugar: 12.13g (13.48%), Cholesterol: 0mg (0%), Sodium: 741.24mg (32.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Vitamin A: 4400.06IU (88%), Manganese: 1.28mg (63.97%), Folate: 227.05µg (56.76%), Fiber: 14.11g (56.42%), Vitamin C: 41.62mg (50.45%), Vitamin K: 41.62µg (39.64%), Vitamin B6: 0.63mg (31.39%), Potassium: 1090.31mg (31.15%), Phosphorus: 263.33mg (26.33%), Magnesium: 97.2mg (24.3%), Vitamin B1: 0.34mg (22.89%), Copper: 0.45mg (22.28%), Iron: 4mg (22.21%), Vitamin B3: 3.06mg (15.29%), Vitamin B2: 0.24mg (14.17%), Zinc: 2.08mg (13.86%), Calcium: 101.33mg (10.13%), Vitamin B5: 0.7mg (6.96%), Selenium: 3.67µg (5.24%), Vitamin E: 0.55mg (3.64%)