



Salad of Roasted Beets and Arugula with Blue Cheese Dressing



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 5 bunches arugula dried washed
- ☐ 3 bunches baby beets washed trimmed halved
- ☐ 0.5 pound cheese blue crumbled
- ☐ 0.5 cup celery leaves from 1 bunch celery
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 12 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 handful thyme sprigs fresh
- ☐ 1 cup walnut halves and pieces toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Lay the beets on a large sheet of aluminum foil, drizzle with the oil, toss the thyme on top, and season with salt and pepper. Fold up the foil tightly to make a sealed pouch and put it on a sheet pan.
- ☐ Bake until the beets are tender when pierced, about 45 minutes to 1 hour. (Drop a knife in the center of 1 beet; if it slides out without resistance, they're done.)
- ☐ Let the beets cool to room temperature and put them in a large mixing bowl.
- ☐ Add the arugula, celery leaves, and walnuts; toss to combine.
- ☐ Put the blue cheese and sour cream in a bowl, mashing with a fork to combine.
- ☐ Add the chives, lemon juice, and a few turns of freshly ground black pepper; mix to incorporate, leaving a few chunks of cheese in the dressing. Thin out the dressing with a tablespoon of water, if you wish, to smooth out the consistency.
- ☐ Pour the blue cheese dressing over the salad and toss gently to coat; season with salt and pepper.
- ☐ Put the salad on a chilled platter and serve.

Nutrition Facts

 **PROTEIN 12.06%**  **FAT 74.53%**  **CARBS 13.41%**

Properties

Glycemic Index:24.75, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:13.91043489394%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 16.5mg, Kaempferol: 16.5mg, Kaempferol: 16.5mg, Kaempferol: 16.5mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 253.29kcal (12.66%), Fat: 21.91g (33.71%), Saturated Fat: 6.95g (43.47%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.11g (2.22%), Sugar: 4.94g (5.49%), Cholesterol: 25.48mg (8.49%), Sodium: 276.25mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Vitamin K: 60.14µg (57.27%), Manganese: 0.65mg (32.46%), Vitamin A: 1467.06IU (29.34%), Folate: 112.5µg (28.12%), Calcium: 215.99mg (21.6%), Phosphorus: 165.43mg (16.54%), Magnesium: 54.98mg (13.74%), Vitamin C: 11.07mg (13.42%), Potassium: 453.91mg (12.97%), Copper: 0.24mg (11.95%), Fiber: 2.77g (11.08%), Vitamin B2: 0.18mg (10.77%), Vitamin E: 1.3mg (8.69%), Zinc: 1.25mg (8.34%), Vitamin B6: 0.16mg (8.16%), Iron: 1.46mg (8.1%), Vitamin B5: 0.75mg (7.47%), Selenium: 4.41µg (6.3%), Vitamin B1: 0.08mg (5.28%), Vitamin B12: 0.27µg (4.51%), Vitamin B3: 0.64mg (3.2%)