



## Salt-Roasted Beet Carpaccio

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

### Ingredients

- 2 cups baby arugula
- 4 medium beets trimmed
- 0.3 cup crème fraîche
- 0.5 cup goat cheese
- 0.5 juice of lemon
- 3 pound kosher salt
- 2 tablespoons olive oil extra-virgin plus more for drizzling
- 4 servings pepper freshly ground

- 0.3 cup pinenuts toasted
- 1 tablespoon red wine vinegar
- 4 to 8 sage leaves fresh
- 1 teaspoon shallots minced
- 1 cup vegetable oil for frying

## Equipment

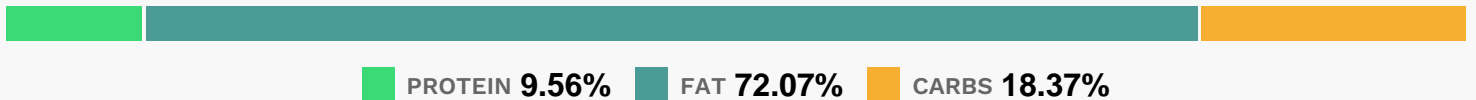
- bowl
- frying pan
- paper towels
- oven
- knife
- blender
- baking pan
- mandoline
- slotted spoon

## Directions

- Preheat the oven to 350 degrees F. Put a 1/4-inch layer of salt in the bottom of a small baking dish.
- Place the beets on top of the salt, making sure they are not touching each other. Cover the beets with the remaining salt (save some for seasoning) and bake until fork-tender, about 1 hour, 15 minutes.
- Remove the beets from the salt and let cool to room temperature.
- Meanwhile, make the dressing: Puree the goat cheese, creme fraiche, olive oil, vinegar and shallot in a blender until smooth. Season with salt and pepper. Refrigerate until ready to use.
- Heat the vegetable oil in a small skillet over medium heat until shimmering.
- Add the sage leaves and fry until crisp, 5 to 10 seconds.
- Transfer with a slotted spoon to a paper towel-lined plate to drain; season lightly with salt.

- Peel the beets (the skins will slip right off) and slice into thin rounds using a mandoline or sharp knife. Divide the beet slices among plates. Spoon some of the goat cheese dressing on top.
- Put the arugula in a bowl, drizzle with the lemon juice and olive oil, season with salt and toss.
- Add the arugula salad to the plates; drizzle with more goat cheese dressing, if desired. Top with the pine nuts and fried sage.
- Photograph by Yunhee Kim

## Nutrition Facts



### Properties

Glycemic Index:39.5, Glycemic Load:7.45, Inflammation Score:-8, Nutrition Score:19.049130652262%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

### Nutrients (% of daily need)

Calories: 396.2kcal (19.81%), Fat: 32.81g (50.48%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 13.52g (4.92%), Sugar: 12.88g (14.31%), Cholesterol: 21.53mg (7.18%), Sodium: 132097.41mg (5743.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Manganese: 1.72mg (86.23%), Folate: 203.07µg (50.77%), Vitamin K: 40.94µg (38.99%), Copper: 0.68mg (34.23%), Fiber: 5.29g (21.15%), Iron: 3.73mg (20.7%), Phosphorus: 206.35mg (20.64%), Potassium: 700.9mg (20.03%), Vitamin E: 2.91mg (19.4%), Magnesium: 75.08mg (18.77%), Calcium: 181.85mg (18.19%), Vitamin C: 11.54mg (13.98%), Vitamin A: 679.31IU (13.59%), Vitamin B2: 0.23mg (13.45%), Zinc: 1.84mg (12.28%), Vitamin B6: 0.21mg (10.49%), Vitamin B1: 0.11mg (7.47%), Vitamin B5: 0.58mg (5.83%), Vitamin B3: 1.11mg (5.55%), Selenium: 2.96µg (4.23%), Vitamin B12: 0.08µg (1.4%)