



Savory and Spice Golden Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1 tablespoon winter savory leaves plus more as garnish
- ☐ 4 medium golden beets
- ☐ 1 pinch kosher salt
- ☐ 1 cup juice of lemon freshly squeezed
- ☐ 2 tablespoon very olive oil good or as needed for drizzling

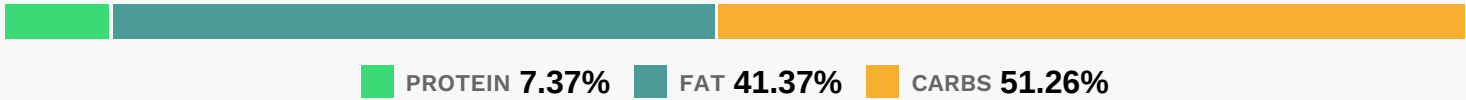
Equipment

- ☐ bowl

Directions

- ☐ Peel the raw beets. Use a madoline to slice them very thin and uniform.
- ☐ Place beet slices into a bowl along with the savory leaves, lemon juice and a pinch of salt.
- ☐ Add the cayenne pepper and toss to coat well. Set aside until plating time (at least 1 hour and up to 2
- ☐ to marinate at room temperature..When ready to serve drain away most of the lemon juice and divide the slices between 4 salad plates.
- ☐ Drizzle with olive oil and garnish with more savory leaves to taste.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:7.37, Inflammation Score:-6, Nutrition Score:10.486956435701%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 150.16kcal (7.51%), Fat: 7.49g (11.52%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 15.67g (5.7%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 143.2mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Folate: 197.63µg (49.41%), Vitamin C: 32.28mg (39.13%), Manganese: 0.6mg (29.98%), Fiber: 5.21g (20.82%), Potassium: 623.17mg (17.8%), Magnesium: 44.84mg (11.21%), Iron: 1.65mg (9.15%), Vitamin E: 1.2mg (8.03%), Vitamin B6: 0.15mg (7.7%), Phosphorus: 73.95mg (7.39%), Copper: 0.14mg (7.1%), Vitamin B1: 0.07mg (4.64%), Vitamin B2: 0.08mg (4.61%), Vitamin K: 4.65µg (4.43%), Zinc: 0.65mg (4.33%), Calcium: 41.78mg (4.18%), Vitamin B5: 0.34mg (3.43%), Vitamin B3: 0.65mg (3.27%), Vitamin A: 137.42IU (2.75%), Selenium: 1.28µg (1.84%)