



Shaved Beet and Bitter Greens Salad with Garlic Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 medium beets trimmed peeled
- ☐ 2 teaspoons dijon mustard
- ☐ 10 cups endive
- ☐ 6 cups salad leaves curly endive
- ☐ 1 large garlic clove
- ☐ 0.5 cup olive oil

- ☐ 6 ounces radicchio thinly (1 large head)
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon coarse mustard

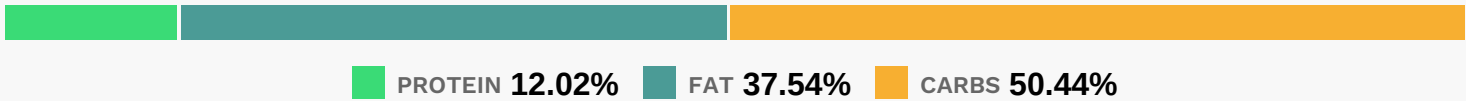
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ blender

Directions

- ☐ Blend vinegar, garlic, mustards, sugar, and 1/2 teaspoon each of salt and pepper in a blender until garlic is very finely chopped. With motor running, add oil in a slow stream and blend until emulsified.
- ☐ Slice beet paper-thin with slicer.
- ☐ Toss greens and beet in a large bowl with enough dressing to coat.
- ☐ •Vinaigrette keeps, chilled, 1 week. Bring to room temperature before using. •Beet can be sliced 1 day ahead and chilled in a sealable bag. •Greens can be washed (but not torn) 1 day ahead and chilled in sealable bags lined with damp paper towels.

Nutrition Facts



Properties

Glycemic Index:40.39, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:16.716956387395%

Flavonoids

Cyanidin: 27mg, Cyanidin: 27mg, Cyanidin: 27mg, Cyanidin: 27mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 8.95mg, Luteolin: 8.95mg, Luteolin: 8.95mg, Luteolin: 8.95mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 70.47kcal (3.52%), Fat: 3.14g (4.83%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 88.21mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin K: 311.91µg (297.06%), Vitamin A: 3513.26IU (70.27%), Folate: 166.15µg (41.54%), Manganese: 0.55mg (27.62%), Vitamin C: 15.93mg (19.31%), Fiber: 4.37g (17.46%), Potassium: 502.19mg (14.35%), Vitamin E: 2.01mg (13.41%), Copper: 0.27mg (13.33%), Vitamin B5: 1.1mg (10.99%), Calcium: 82.28mg (8.23%), Magnesium: 30.83mg (7.71%), Iron: 1.28mg (7.09%), Vitamin B2: 0.1mg (5.97%), Vitamin B1: 0.09mg (5.94%), Zinc: 0.89mg (5.92%), Phosphorus: 57.59mg (5.76%), Vitamin B6: 0.09mg (4.25%), Vitamin B3: 0.58mg (2.91%), Selenium: 1.7µg (2.43%)