



Shaved Root Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots peeled
- ☐ 0.3 cup flat parsley loosely packed ()
- ☐ 2 teaspoons hazelnut oil
- ☐ 4 tablespoons hazelnuts divided
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 2 radishes trimmed

- ☐ 1 medium beets red peeled
- ☐ 1 small turnip peeled
- ☐ 2 tablespoons vegetable oil

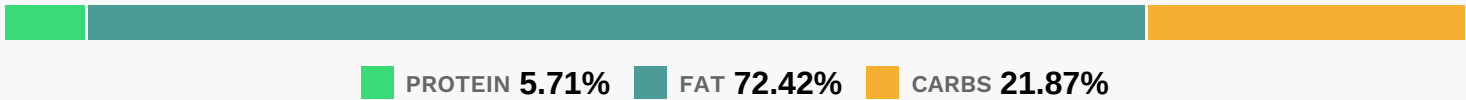
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Crush 2 tablespoons hazelnuts; place in a small bowl.
- ☐ Whisk in orange and lemon juice, vegetable oil, and hazelnut oil. Season vinaigrette to taste with salt and pepper.
- ☐ Thinly slice beets, turnip, carrot, and radishes using a mandoline or V-slicer.
- ☐ Place red beet slices in another small bowl and remaining vegetables and parsley in a medium bowl. Spoon 3 tablespoons vinaigrette over red beets; pour remaining vinaigrette over vegetables in medium bowl. Toss each to coat. Season with salt and pepper.
- ☐ Arrange red beets on a platter; spoon over any vinaigrette from bowl. Top red beets with remaining vegetables.
- ☐ Drizzle salad with any remaining vinaigrette; garnish with remaining 2 tablespoons hazelnuts.
- ☐ Per serving: 165 calories, 14 g fat, 10 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:86.71, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:14.189565150634%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 181.32kcal (9.07%), Fat: 15.33g (23.58%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 7.33g (2.67%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 56.98mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 77.74µg (74.04%), Vitamin A: 2911.5IU (58.23%), Manganese: 0.82mg (41.12%), Vitamin C: 21.3mg (25.82%), Vitamin E: 3.28mg (21.88%), Folate: 74.43µg (18.61%), Fiber: 3.08g (12.34%), Copper: 0.24mg (11.95%), Potassium: 345.68mg (9.88%), Magnesium: 33.76mg (8.44%), Vitamin B1: 0.11mg (7.47%), Vitamin B6: 0.13mg (6.63%), Iron: 1.19mg (6.59%), Phosphorus: 61.12mg (6.11%), Calcium: 35.86mg (3.59%), Zinc: 0.53mg (3.52%), Vitamin B3: 0.65mg (3.27%), Vitamin B2: 0.05mg (3.03%), Vitamin B5: 0.28mg (2.84%)