



Speedy Apple-Beet Salad

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- 2 honeycrisp apples cored unpeeled cut into thin wedges
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cheese blue crumbled
- 2 tablespoons canola oil
- 1.5 tablespoons dijon mustard
- 0.3 cup flat-leaf parsley leaves fresh
- 2 medium golden beets peeled cut into wedges
- 0.5 teaspoon kosher salt

- 0.3 cup juice of lemon fresh
- 0.3 small onion red cut into two wedges
- 1 tablespoon sugar
- 0.5 cup walnut halves toasted

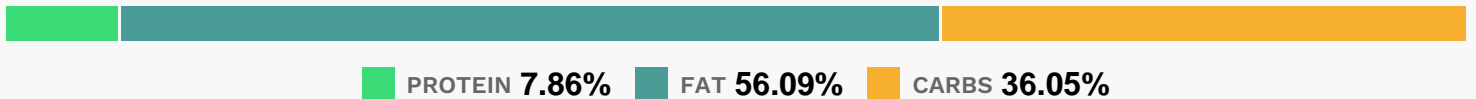
Equipment

- food processor
- bowl

Directions

- Thinly slice apple wedges in a food processor fitted with a slicing blade.
- Combine apples, lemon juice, and sugar in a large bowl; toss to coat. Slice beet and onion wedges in food processor fitted with a slicing blade; add beet mixture and parsley to apple mixture.
- Sprinkle with salt and pepper. Stir in oil and mustard; toss gently to coat. Arrange about 2/3 cup salad on each of 8 plates; top each serving with 1 tablespoon walnuts and about 1 1/2 teaspoons cheese.

Nutrition Facts



Properties

Glycemic Index:42.01, Glycemic Load:4.79, Inflammation Score:-5, Nutrition Score:7.8786956181993%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg

0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg
Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.61mg, Quercetin: 2.61mg,
Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 147.19kcal (7.36%), Fat: 9.77g (15.03%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 14.13g (4.71%), Net
Carbohydrates: 11.06g (4.02%), Sugar: 9.71g (10.79%), Cholesterol: 3.16mg (1.05%), Sodium: 260.19mg (11.31%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 45.04µg (42.89%), Manganese:
0.44mg (21.76%), Folate: 62.56µg (15.64%), Vitamin C: 10.81mg (13.11%), Fiber: 3.07g (12.29%), Copper: 0.17mg
(8.58%), Potassium: 261.69mg (7.48%), Magnesium: 28.09mg (7.02%), Phosphorus: 69.83mg (6.98%), Vitamin A:
285.71IU (5.71%), Vitamin E: 0.81mg (5.43%), Vitamin B6: 0.11mg (5.27%), Iron: 0.84mg (4.68%), Calcium: 45.82mg
(4.58%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.56mg (3.74%), Vitamin B2: 0.06mg (3.69%), Selenium: 2.26µg (3.23%),
Vitamin B5: 0.24mg (2.42%), Vitamin B3: 0.37mg (1.84%)