

health-score 55%

 Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

444 kcal

SIDE DISH

Ingredients

- ☐ 2 beets
- ☐ 0.5 cup candied spicy walnuts; 8
- ☐ 0.3 cup balsamic creme reduced balsamic vinegar
- ☐ 1 teaspoon balsamic creme or as needed reduced balsamic vinegar
- ☐ 0.3 cup french-fried onions such as French's®
- ☐ 0.5 cup goat cheese crumbled
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 teaspoon juice of lemon

- ☐ 1 teaspoon olive oil
- ☐ 14 cups pickled onions
- ☐ 4 cups pkt spinach fresh chopped

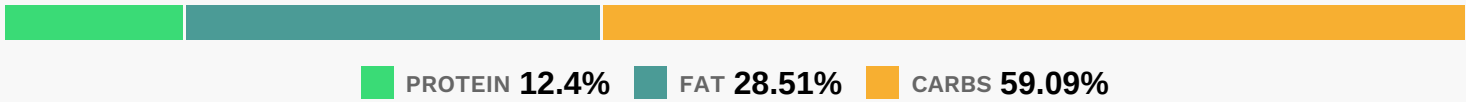
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place beets in a roasting pan; drizzle with 1 teaspoon balsamic creme. Season with salt and black pepper.
- ☐ Roast beets in the preheated oven until tender, 30 to 40 minutes.
- ☐ Cut beets into bite-sized pieces; cool to room temperature.
- ☐ Combine spinach, walnuts, goat cheese, pickled red onion, and French-fried onions in a bowl.
- ☐ Whisk lemon juice, 1/4 cup balsamic creme, olive oil, salt, and black pepper in a bowl; pour over salad. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:14.94, Inflammation Score:-10, Nutrition Score:28.594348083372%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 28.06mg, Isorhamnetin: 28.06mg, Isorhamnetin: 28.06mg, Isorhamnetin: 28.06mg Kaempferol: 5.55mg, Kaempferol: 5.55mg, Kaempferol: 5.55mg, Kaempferol: 5.55mg

Kaempferol: 5.55mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 114.93mg, Quercetin: 114.93mg, Quercetin: 114.93mg, Quercetin: 114.93mg

Nutrients (% of daily need)

Calories: 444.15kcal (22.21%), Fat: 14.52g (22.34%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 55.57g (20.21%), Sugar: 33.8g (37.55%), Cholesterol: 13.05mg (4.35%), Sodium: 278.24mg (12.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.41%), Vitamin K: 148.5µg (141.43%), Vitamin C: 52.36mg (63.47%), Vitamin A: 3131.57IU (62.63%), Manganese: 1.19mg (59.51%), Folate: 212.96µg (53.24%), Fiber: 12.14g (48.56%), Vitamin B6: 0.83mg (41.49%), Potassium: 1147.5mg (32.79%), Phosphorus: 269.66mg (26.97%), Copper: 0.5mg (25.09%), Magnesium: 95.98mg (23.99%), Calcium: 218.35mg (21.84%), Vitamin B1: 0.31mg (20.93%), Vitamin B2: 0.33mg (19.56%), Iron: 3.27mg (18.19%), Zinc: 1.53mg (10.21%), Vitamin B5: 0.97mg (9.68%), Vitamin E: 0.94mg (6.24%), Selenium: 4.19µg (5.98%), Vitamin B3: 1.13mg (5.64%)