



Spinach and Roasted Beet Salad with Ginger Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 4 medium beets trimmed
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 teaspoons soya sauce reduced-sodium
- ☐ 0.5 medium onion red thinly sliced
- ☐ 3 tablespoons rice vinegar
- ☐ 8 ounces spinach leaves fresh trimmed
- ☐ 2 tablespoons vegetable oil

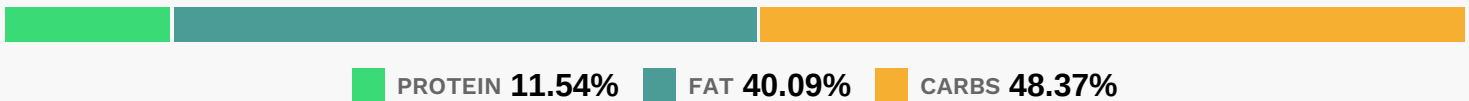
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat oven to 450°F. Wrap beets in foil. Roast until beets are tender when pierced with skewer, about 1 hour 15 minutes. Cool beets slightly. Peel beets; cut into wedges.
- ☐ Place in medium bowl.
- ☐ Whisk vinegar, oil, soy sauce and ginger in small bowl to blend well. Season vinaigrette to taste with salt and pepper.
- ☐ Add red onion and half of vinaigrette to beets and toss to blend.
- ☐ Place spinach in large bowl.
- ☐ Drizzle remaining vinaigrette over; toss to coat. Arrange beet mixture atop spinach.
- ☐ Per serving: calories, 94; total fat, 7 g; saturated fat, 1 g; cholesterol, 0 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:23.45217386536%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 156.14kcal (7.81%), Fat: 7.34g (11.29%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 13.64g (4.96%), Sugar: 12.35g (13.72%), Cholesterol: 0mg (0%), Sodium: 268.31mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin K: 286.76µg (273.1%), Vitamin A: 5373.04IU (107.46%), Folate: 299.12µg (74.78%), Manganese: 1.11mg (55.26%), Vitamin C: 25.33mg (30.7%), Potassium: 902.15mg (25.78%), Fiber: 6.28g (25.11%), Magnesium: 87.54mg (21.89%), Iron: 2.97mg (16.5%), Vitamin B6: 0.25mg (12.33%), Vitamin E: 1.79mg (11.94%), Vitamin B2: 0.19mg (10.89%), Copper: 0.21mg (10.54%), Phosphorus: 104.74mg (10.47%), Calcium: 88.12mg (8.81%), Vitamin B1: 0.1mg (6.97%), Zinc: 0.94mg (6.29%), Vitamin B3: 1.03mg (5.15%), Vitamin B5: 0.33mg (3.27%), Selenium: 1.91µg (2.72%)