



Tangy Apple and Beet Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- 1 small apples peeled
- 1 small beets
- 4 servings pepper black freshly ground
- 1 ounce cheese blue crumbled
- 1 tablespoon apple cider vinegar
- 1.5 teaspoons dijon mustard
- 4 servings kosher salt
- 2 tablespoons olive oil extra virgin extra-virgin

3 cups radicchio thinly coarsely chopped

1 tablespoon shallots minced

Equipment

bowl

whisk

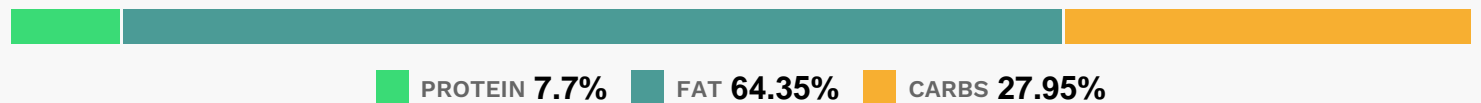
Directions

Place the olive oil, vinegar, shallot, and mustard in a large, nonreactive bowl and whisk to combine.

Add the diced apple and beet and toss until well coated in the vinaigrette.

Add the radicchio and blue cheese and season with salt and pepper. Toss to evenly combine, taste, and season with additional salt and pepper as desired.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:7.5721739938726%

Flavonoids

Cyanidin: 38.68mg, Cyanidin: 38.68mg, Cyanidin: 38.68mg, Cyanidin: 38.68mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 11.52mg, Luteolin: 11.52mg, Luteolin: 11.52mg, Luteolin: 11.52mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

Nutrients (% of daily need)

Calories: 125.21kcal (6.26%), Fat: 9.27g (14.27%), Saturated Fat: 2.33g (4.57%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 7.19g (2.61%), Sugar: 5.6g (6.22%), Cholesterol: 5.32mg (1.77%), Sodium: 318.16mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin K: 81.95µg (78.05%), Vitamin E: 1.79mg (11.91%),

Folate: 43.1µg (10.78%), Manganese: 0.15mg (7.72%), Fiber: 1.87g (7.5%), Copper: 0.13mg (6.73%), Potassium: 224.88mg (6.43%), Vitamin C: 5.24mg (6.35%), Phosphorus: 55.01mg (5.5%), Calcium: 51.36mg (5.14%), Magnesium: 13.49mg (3.37%), Vitamin B6: 0.07mg (3.35%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.48mg (3.2%), Selenium: 2.11µg (3.01%), Iron: 0.51mg (2.81%), Vitamin B5: 0.27mg (2.69%), Vitamin A: 90.46IU (1.81%), Vitamin B1: 0.02mg (1.61%), Vitamin B12: 0.09µg (1.44%), Vitamin B3: 0.26mg (1.31%)