



Three Kings Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 15 ounce beets whole drained canned
- ☐ 0.5 teaspoon pepper black
- ☐ 4 navel oranges
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup slivered onion red
- ☐ 0.5 teaspoon salt

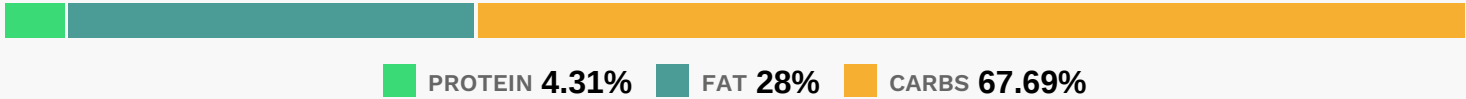
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Peel and section oranges over a bowl; squeeze membranes to extract juice. Set sections aside; reserve 1 1/2 tablespoons juice. Discard membranes.
- ☐ Cut beets into wedges.
- ☐ Combine reserved 1 1/2 tablespoons juice, vinegar, oil, salt, and pepper in a medium bowl; stir well with a whisk.
- ☐ Divide beet wedges and orange sections evenly among 6 salad plates. Top each serving with 2 tablespoons onion slices.
- ☐ Drizzle with vinaigrette, and garnish with pomegranate seeds, if desired.
- ☐ Note: To obtain pomegranate seeds, put on gloves and cut the pomegranate into quarters. Coax seeds out from the base with thumbs, being careful not to break seeds.
- ☐ Remove and discard white membrane. Reserve 1/3 cup seeds for garnish.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:7.6686955431233%

Flavonoids

Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 148.51kcal (7.43%), Fat: 4.89g (7.52%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 23.59g (8.58%), Sugar: 17.77g (19.75%), Cholesterol: 0mg (0%), Sodium: 303mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin C: 58.27mg (70.63%), Folate: 54.7µg (13.67%), Manganese: 0.24mg (12.05%), Fiber: 3g (12.01%), Potassium: 276.85mg (7.91%), Vitamin B6: 0.13mg (6.68%),

Copper: 0.13mg (6.54%), Magnesium: 24.15mg (6.04%), Calcium: 55.55mg (5.55%), Vitamin B1: 0.08mg (5.33%), Vitamin A: 266.57IU (5.33%), Vitamin B2: 0.09mg (5.14%), Phosphorus: 41.1mg (4.11%), Vitamin B5: 0.37mg (3.68%), Vitamin B3: 0.6mg (3%), Iron: 0.53mg (2.94%), Zinc: 0.3mg (2.01%), Vitamin E: 0.21mg (1.38%), Vitamin K: 1.27µg (1.21%), Selenium: 0.82µg (1.17%)