



Tomato, Roasted Beet, and Pickled Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 medium beets (with greens), trimmed, leaving 1 inch of stems attached
- ☐ 1 pint cherry tomatoes (halved)
- ☐ 1.3 cups cider vinegar
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon mustard seeds
- ☐ 2 small onions (red cut into 1/2-inch-thick wedges)
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons water
- ☐ 1 teaspoon allspice whole

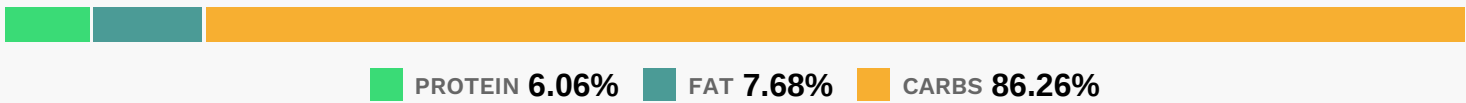
Equipment

- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F.
- ☐ Wrap beets tightly in foil to make 2 packages and roast in middle of oven until tender, about 1 1/4hours.
- ☐ While beets roast, simmer vinegar, water, sugar, and spices, stirring occasionally, 15 minutes.
- ☐ Add onions and simmer, stirring, 2 minutes.
- ☐ Pour pickled onions with liquid and spices into a bowl and cool, stirring occasionally, to room temperature.
- ☐ Unwrap beets and, when just cool enough to handle, slip off skins and remove stems.
- ☐ Cut beets into 1/2-inch-thick wedges and transfer to a serving bowl with tomatoes.
- ☐ Drain pickled onions in a sieve set over another bowl and discard allspice.
- ☐ Add onions (with remaining spices) and 2 tablespoons pickling liquid to beets and toss well. Season with salt and pepper.
- ☐ Pickled onions can be made 3 days ahead and chilled, covered.Salad can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:12.64, Inflammation Score:-5, Nutrition Score:5.6004347956699%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg

Nutrients (% of daily need)

Calories: 116.37kcal (5.82%), Fat: 0.99g (1.52%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.33g (8.48%), Sugar: 20.48g (22.76%), Cholesterol: 0mg (0%), Sodium: 15.24mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin C: 21.4mg (25.94%), Manganese: 0.34mg (16.82%), Potassium: 291.92mg (8.34%), Vitamin A: 406.97IU (8.14%), Selenium: 4.59µg (6.55%), Iron: 1.18mg (6.53%), Fiber: 1.61g (6.45%), Vitamin B6: 0.12mg (5.88%), Magnesium: 22.63mg (5.66%), Phosphorus: 54.86mg (5.49%), Folate: 20.89µg (5.22%), Copper: 0.1mg (5.04%), Vitamin B1: 0.06mg (4.22%), Vitamin E: 0.55mg (3.69%), Calcium: 34.75mg (3.48%), Vitamin B3: 0.59mg (2.97%), Vitamin K: 2.47µg (2.35%), Zinc: 0.33mg (2.22%), Vitamin B2: 0.04mg (2.19%), Vitamin B5: 0.16mg (1.63%)