



Yellow Plum Salad

 Vegetarian  Gluten Free

READY IN



122 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 12 ounces golden beets
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 0.5 pint pear tomatoes yellow halved lengthwise

- ☐ 1 pound yellow-fleshed plums pitted halved
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 2 bell peppers yellow

Equipment

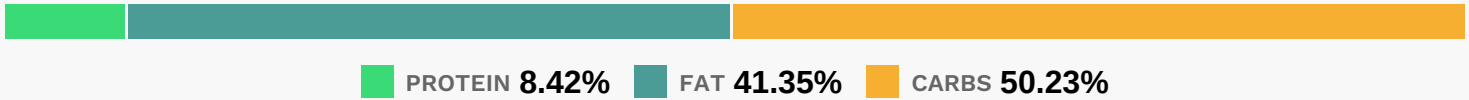
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Preheat broiler to high.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 13 minutes or until blackened.
- ☐ Place in a paper bag, and fold tightly to seal.
- ☐ Let stand for 20 minutes. Peel and cut bell peppers into 1/2-inch-thick strips.
- ☐ Preheat oven to 45
- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place beets in an 11 x 7-inch ceramic or glass baking dish.
- ☐ Add 1 inch of water to dish; cover tightly with foil.
- ☐ Bake at 450 for 1 hour or until tender. Cool; peel and cut into 1/2-inch-thick slices.
- ☐ Combine olive oil and the next 6 ingredients (through black pepper) in a small bowl, stirring well with a whisk.
- ☐ Place sliced beets in a medium bowl.

- ☐ Drizzle beets with 3 tablespoons vinaigrette; toss gently.
- ☐ Let stand at least 15 minutes. Divide beets evenly among 6 salad plates, and top each serving evenly with peppers, plums, and tomatoes.
- ☐ Drizzle with remaining vinaigrette.
- ☐ Sprinkle evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:48.9, Glycemic Load:7.16, Inflammation Score:-8, Nutrition Score:11.439565199873%

Flavonoids

Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 170.43kcal (8.52%), Fat: 8.31g (12.79%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 18.39g (6.69%), Sugar: 15.28g (16.98%), Cholesterol: 4.35mg (1.45%), Sodium: 186.62mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin C: 85.28mg (103.37%), Folate: 80.53µg (20.13%), Fiber: 4.33g (17.32%), Manganese: 0.32mg (15.92%), Potassium: 441.62mg (12.62%), Copper: 0.23mg (11.68%), Vitamin K: 11.51µg (10.97%), Vitamin A: 504.76IU (10.1%), Vitamin B6: 0.16mg (8.21%), Vitamin E: 1.13mg (7.52%), Phosphorus: 75.03mg (7.5%), Magnesium: 28.68mg (7.17%), Iron: 1.14mg (6.35%), Vitamin B2: 0.1mg (5.95%), Vitamin B3: 0.98mg (4.88%), Vitamin B1: 0.06mg (4.22%), Calcium: 37.54mg (3.75%), Vitamin B5: 0.35mg (3.46%), Zinc: 0.48mg (3.22%), Selenium: 1.11µg (1.59%)