



Beet Salad

Deliciously Addicting. Delightfully Nutritious.

Beets, packed full of essential nutrients and antioxidants, are front and center of this simple and delicious salad. Their naturally sweet, earthy flavor is bolstered by balsamic vinegar, red onions, extra virgin olive oil, a sprinkling of parsley and nothing more (though anyone inclined to crumble a bit of feta or goat cheese on top would have our full support). Great tasting and great for you, this vibrant dish works just as well as an accompaniment to red meat, poultry or fish as it does a main dish in itself.



Vegan • Gluten Free

INGREDIENTS:

Beets, Balsamic Vinegar, Soybean Oil, Red Onion, Olive Oil, Salt, Sugar, Parsley, Black Pepper.

Nutrition Facts	
Serving size	3/4 cup (100g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 15mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains Soy.

MAY CONTAIN POTENTIAL ALLERGENS
May also contain Egg, Fish, Milk, Peanut, Shellfish, Tree Nuts, Wheat, Celery, Crustaceans, Gluten, Lupin, Molluscs, Sesame, Mustard, Sulphites.