Roasted Beet and Citrus Fennel Salad 3 oz portion

| | | |
|---|---|---|
| **Fresh Beets** | | **1 Pound** |
| **Olive Oil** | | **1/4 Cup** |
| **Grey Poupon Dijon Mustard** | | **1 Tablespoon** |
| **Cider Vinegar** | | **1 Tablespoon** |
| **Fresh Cilantro** | ***Chop fine*** | **1 Tablespoon** |
| **Kosher Salt** | | **1/2 Teaspoon** |
| **Black Pepper** | | **1/2 Teaspoon** |
| **Red Grapefruit** | ***Peel, cut into segments*** | **1 Each** |
| **Oranges** | ***Peel, cut into segments*** | **1 Each** |
| **Fennel** | ***Cored & slice thin*** | **6 & 1/2 Ounce** |

1. **Wash and wrap the beets in foil. Roast for 50-60 minutes or until tender Remove the foil and allow to cool.**
2. **Trim and cut the beets into wedges.**
3. **Combine and whisk the oil, mustard, vinegar, cilantro, salt and pepper.**
4. **In a bowl combine the beets, fennel, grapefruit and orange.**
5. **Pour the mustard dressing over the beet mixture. Mix well.**

**Fennel, Citrus & Roasted Beet Salad**
**3 oz portion**

**Nutrition Facts**

Serving Size 3 oz portion (85g)
Serving Per Container1

**Amount Per Serving**

| | |
|---|---|
| **Calories** 80 | Calories from Fat 45 |
| | **% Daily Values*** |
| **Total Fat** 5g | **8 %** |
| Saturated Fat 0.5g | **4 %** |
| *Trans* Fat 0 | % |
| Polyunsaturated Fat 0.5g | % |
| Monounsaturated Fat 3.5g | % |
| **Cholesterol** less than 5 milligrams | **0 %** |
| **Sodium** 100mg | **4 %** |
| **Total Carbohydrate** 8g | **3 %** |
| Dietary Fiber 2g | **7 %** |
| Sugars 5g | % |
| **Protein** 1g | **2 %** |

| | | | |
|---|---|---|---|
| Vitamin A 0% | • | Vitamin C 0% | |
| Calcium 0% | • | Iron 0% | |
| Vitamin E 0% | • | Vitamin B6 0% | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrates | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Fresh Beets (beets), Red Grapefruit (Ingredients: Grapefruit), Oranges (Ingredients: Oranges), Fennel (Ingredients: Fennel), Olive Oil (Refined Olive Pomace Oil, Extra Virgin Olive Oil), Cider Vinegar (Ingredients Cider Vinegar (Reduced with Water to 5% Acidity). ), Grey Poupon Dijon Mustard (Ingredients Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice. ), Fresh Cilantro (Ingredients: Fresh cilantro.), Kosher Salt (Ingredients: Salt.), Black Pepper (Ingredients: Black pepper.).