

Mediterranean Beet Salad

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-beet-salad-recipe>

Ingredients:

- 3 cans beets drained
- 1/2 red onion sliced and cut
- 1/4 cup balsamic vinegar
- 1/2 cup roasted pecans
- 2 tablespoons olive oil
- 3 ounces goat cheese plain
- 3 tablespoons fresh parsley chopped
- salt
- pepper

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 20 milligrams
4. Fat: 25 grams
5. Fiber: 12 grams
6. Protein: 15 grams
7. SaturatedFat: 7 grams
8. Sodium: 580 milligrams
9. Sugar: 26 grams

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