

# Anthony Bourdain Beet Salad

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-ragu-recipe-anthony-bourdain>

## Ingredients:

- 1 pound baby beets any color
- 1 navel oranges large, or 2 medium
- 1/2 red onion medium, thinly sliced
- 2 tablespoons extra virgin olive oil separated, can substitute your oil of choice
- 15 leaves fresh mint chopped
- 2 teaspoons cider vinegar
- 1 pinch salt and ground black pepper

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 17 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 90 milligrams
8. Sugar: 12 grams

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