



Balsamic beetroot with Roquefort

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- 600 g beets cooked trimmed peeled (not the type in vinegar)
- 3 tbsp olive oil
- 6 tbsp balsamic vinegar
- 150 g roquefort cheese
- 1 tsp sesame seed toasted (see Know-how, below)

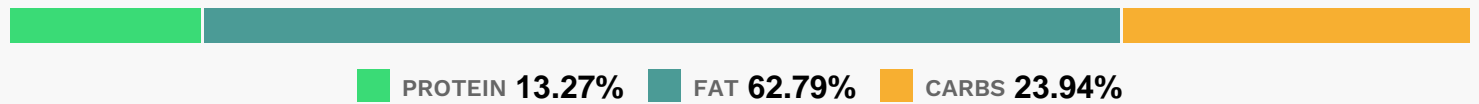
Equipment

- bowl
- frying pan

Directions

- Halve or quarter the beetroot, depending on the size.
- Heat the olive oil in a large non-stick pan, add the beetroot and saut for 2-3 mins, tossing well to coat.
- Add the balsamic vinegar, season and cook 1-2 mins longer, until reduced right down to a syrupy glaze.
- Transfer to a serving bowl to cool, then cover and chill. Can be done up to 1 day ahead.
- Remove from fridge 30 mins before serving, crumble over the Roquefort and sprinkle with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:6.1682608438575%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 159.84kcal (7.99%), Fat: 11.25g (17.3%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 7.52g (2.73%), Sugar: 6.86g (7.63%), Cholesterol: 16.88mg (5.63%), Sodium: 400.58mg (17.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Folate: 91.18µg (22.8%), Calcium: 141.85mg (14.19%), Manganese: 0.27mg (13.71%), Phosphorus: 107.35mg (10.74%), Fiber: 2.13g (8.52%), Vitamin B2: 0.14mg (8.26%), Potassium: 275.48mg (7.87%), Magnesium: 25.19mg (6.3%), Vitamin E: 0.79mg (5.24%), Iron: 0.86mg (4.76%), Selenium: 3.33µg (4.76%), Zinc: 0.68mg (4.54%), Vitamin C: 3.67mg (4.45%), Vitamin A: 221.09IU (4.42%), Vitamin B5: 0.44mg (4.41%), Copper: 0.08mg (3.8%), Vitamin B6: 0.08mg (3.77%), Vitamin K: 3.31µg (3.15%), Vitamin B1: 0.03mg (2.18%), Vitamin B3: 0.4mg (2%), Vitamin B12: 0.12µg (2%)