



Beet Carpaccio

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 lb onions halved lengthwise thinly sliced
- ☐ 0.5 lb parmigiano-reggiano
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons butter unsalted

Equipment

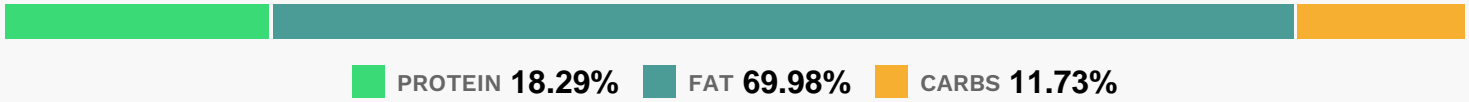
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ offset spatula
- ☐ peeler

Directions

- ☐ Preheat oven to 400°F.
- ☐ Tightly wrap beets in double layers of foil to make 3 packages (2 large beets or 4 medium per package) and roast on a baking sheet in middle of oven until tender, 1 1/4 to 1 1/2 hours. Cool to warm in foil packages (the steam makes beets easier to peel), about 30 minutes.
- ☐ While beets are roasting, cook onions in butter in a 12-inch heavy skillet, covered, over moderately low heat, stirring occasionally, until soft, about 20 minutes.
- ☐ Add salt, sugar, and vinegar and cook, uncovered, stirring occasionally, until onions are very tender and caramelized to deep brown, about 20 minutes more.
- ☐ Add wine and boil, stirring occasionally, until liquid is reduced to about 2 tablespoons, 3 to 5 minutes.
- ☐ Transfer mixture to a food processor and pulse to a coarse purée. Return to skillet and season with salt and pepper, then reheat onion marmalade, covered, over low heat.
- ☐ While marmalade is reheating, peel beets, discarding stems and root ends, and cut crosswise into 1/8-inch-thick slices with slicer.
- ☐ Divide warm marmalade among 6 dinner plates and spread evenly in a very thin layer to cover bottom of each plate using offset spatula. Arrange beet slices in 1 layer over onion, overlapping them only enough to cover onions.
- ☐ Drizzle 2 teaspoons oil over each serving and season with pepper. Shave 4 to 6 curls of Parmigiano-Reggiano with a vegetable peeler over beets on each plate.

- ☐ Serve immediately.
- ☐ * Available at many cookware stores and Uwajimaya (800-899-1928).
- ☐ Beets can be roasted and peeled 1 day ahead and chilled in a sealed plastic bag. Slice beets, then stack slices in 2 piles, wrap in foil, and reheat in a 400 degree F oven until warm, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:8.4347825983296%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 321.85kcal (16.09%), Fat: 24.52g (37.72%), Saturated Fat: 11.07g (69.2%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.96g (2.89%), Sugar: 4.22g (4.69%), Cholesterol: 40.75mg (13.58%), Sodium: 804.36mg (34.97%), Alcohol: 1.37g (100%), Alcohol %: 1.2% (100%), Protein: 14.42g (28.84%), Calcium: 468.48mg (46.85%), Phosphorus: 288.65mg (28.86%), Selenium: 8.97µg (12.81%), Vitamin E: 1.56mg (10.38%), Vitamin A: 471.65IU (9.43%), Vitamin B2: 0.15mg (8.84%), Zinc: 1.19mg (7.95%), Vitamin B12: 0.47µg (7.76%), Vitamin C: 5.59mg (6.78%), Vitamin B6: 0.13mg (6.6%), Vitamin K: 6.91µg (6.58%), Magnesium: 25.87mg (6.47%), Manganese: 0.12mg (6.18%), Fiber: 1.29g (5.14%), Potassium: 158.3mg (4.52%), Folate: 17.35µg (4.34%), Vitamin B1: 0.05mg (3.37%), Iron: 0.57mg (3.17%), Vitamin B5: 0.28mg (2.78%), Copper: 0.04mg (2.19%), Vitamin D: 0.29µg (1.96%), Vitamin B3: 0.21mg (1.04%)