



Beet-Horseradish Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 12 medium beets
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup horseradish prepared
- ☐ 5 servings salt to taste
- ☐ 0.3 cup sugar

Equipment

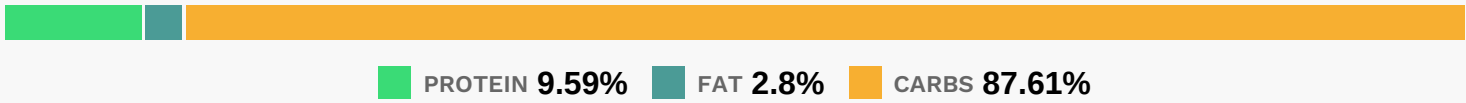
- ☐ mixing bowl

☐ pot

Directions

- ☐ Scrub beets, leaving root and 1 inch of stem intact.
- ☐ Place beets in a non-aluminum stockpot with water to cover; bring to a boil. Reduce heat; cover and simmer 35 to 40 minutes or until tender.
- ☐ Pour cold water over beets; drain and let cool.
- ☐ Trim off beet stems and roots; rub off skins. Grind beets in a large mixing bowl, using coarse blade of a food grinder.
- ☐ Add remaining ingredients; mix well.
- ☐ Spoon relish into sterilized jars. Cover with metal lids, and screw bands tight. Store in refrigerator until ready to use.
- ☐ Serve with meats or salads.

Nutrition Facts



Properties

Glycemic Index:41.82, Glycemic Load:25.39, Inflammation Score:-8, Nutrition Score:19.527391278225%

Flavonoids

Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 272.28kcal (13.61%), Fat: 0.89g (1.37%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 50.47g (18.35%), Sugar: 50.24g (55.83%), Cholesterol: 0mg (0%), Sodium: 617.21mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.73%), Folate: 458.51µg (114.63%), Manganese: 1.44mg (72%), Fiber: 12.22g (48.86%), Potassium: 1417.36mg (40.5%), Vitamin C: 25.97mg (31.48%), Magnesium: 102.51mg (25.63%), Iron: 3.5mg (19.43%), Phosphorus: 172.99mg (17.3%), Copper: 0.33mg (16.39%), Vitamin B6: 0.3mg (14.77%), Zinc: 1.64mg (10.94%), Vitamin B2: 0.17mg (10.05%), Calcium: 89.74mg (8.97%), Vitamin B1: 0.13mg (8.56%), Vitamin B3: 1.47mg (7.34%), Vitamin B5: 0.67mg (6.69%), Selenium: 3.74µg (5.35%), Vitamin A: 135.12IU (2.7%), Vitamin E: 0.17mg (1.1%), Vitamin K: 1.13µg (1.07%)