



Beet-Rose Trixy Stix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup beets raw grated (from 1 medium)
- 0.5 cup granulated sugar
- 12 drops rosewater

Equipment

- bowl
- frying pan
- baking sheet
- baking paper

- oven
- wire rack
- sieve
- toothpicks
- funnel
- drinking straws

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Line a baking sheet with parchment paper and spread the grated beet in a thin, even layer.
- Bake until dry to the touch, about 1 hour.
- Place the pan on a wire rack and let the beet strips cool to room temperature—they will crisp up as they cool.
- Transfer the beets to a clean coffee or spice grinder and process into a fine powder.
- Add the sugar and rose water and pulse until combined. Set a fine-mesh strainer over a medium bowl.
- Pour the sugar powder into the strainer and sift it into the bowl, pressing against the powder with the back of a spoon to force it through the mesh. Return any larger bits left in the strainer to the grinder and process into a fine powder. Sift again and repeat with the grinding and sifting as needed until all of the sugar mixture is processed (you may have a few solids left to be discarded).
- Place a sheet of paper on a work surface. Have about 20 (8-inch) paper straws and a toothpick ready. Make a small funnel out of another piece of paper. (Make sure the tip fits into the end of the straws.) Alternatively, use a No. 16 Open Star or No. 5 Round piping tip. Fold up one end of a straw 1/4 inch. Fit the point of the funnel or piping tip into the open end of the straw. Holding the funnel or piping tip in place and working over the sheet of paper, spoon in about 1 1/4 teaspoons of the sugar mixture. Use the pointed end of the toothpick to poke the sugar mixture into the straw.
- Remove the funnel or piping tip and fold the open end of the straw down 1/4 inch to close. Repeat with the remaining straws and sugar.

Nutrition Facts



■ PROTEIN 1.89% ■ FAT 1.07% ■ CARBS 97.04%

Properties

Glycemic Index:6.7, Glycemic Load:3.78, Inflammation Score:-1, Nutrition Score:0.31652173942522%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 22.17kcal (1.11%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.44g (1.98%), Sugar: 5.45g (6.06%), Cholesterol: 0mg (0%), Sodium: 5.35mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Folate: 7.41µg (1.85%), Manganese: 0.02mg (1.13%)