



## Beetroot Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

### Ingredients

- 2 pounds beets
- 0.8 teaspoon pepper black
- 0.5 cup half-and-half
- 0.5 cup italian-seasoned panko (Japanese breadcrumbs)
- 0.5 teaspoon kosher salt
- 2 ounces roquefort cheese crumbled
- 1 tablespoon sherry vinegar
- 2 tablespoons water

## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 37
- Leave root and 1 inch stem on beets; scrub with a brush. Reserve beet greens. Wrap beets and 2 tablespoons water in foil.
- Bake at 375 for 1 hour or until tender. Trim off beet roots; rub off skins.
- Cut beets into 1/4-inch slices.
- Cook reserved greens in boiling water 2 minutes; drain. Rinse with cold water; drain and pat dry. Coarsely chop, reserving 3/4 cup greens; reserve remaining greens for another use.
- Arrange half of beets in a single layer in an 11 x 7inch baking dish coated with cooking spray.
- Sprinkle with half the cheese, black pepper, salt, and sherry vinegar. Repeat procedure with remaining beets, cheese, black pepper, salt, and sherry vinegar.
- Spread greens evenly on top of beet mixture.
- Pour half-and-half evenly over greens; top evenly with panko.
- Bake at 375 for 25 minutes or until beets are tender.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:6.62, Inflammation Score:-5, Nutrition Score:9.5613043619239%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 147.16kcal (7.36%), Fat: 5.74g (8.84%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 14.75g (5.37%), Sugar: 11.37g (12.63%), Cholesterol: 15.56mg (5.19%), Sodium: 532.07mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Folate: 175.43µg (43.86%), Manganese: 0.58mg (29%), Fiber: 4.52g (18.09%), Potassium: 540.75mg (15.45%), Phosphorus: 125.53mg (12.55%), Calcium: 119.01mg (11.9%), Magnesium: 42.36mg (10.59%), Vitamin B2: 0.18mg (10.33%), Vitamin C: 7.6mg (9.22%), Iron: 1.55mg (8.62%), Vitamin B1: 0.11mg (7.02%), Copper: 0.14mg (6.79%), Vitamin B6: 0.13mg (6.49%), Selenium: 4.35µg (6.21%), Zinc: 0.88mg (5.88%), Vitamin B5: 0.49mg (4.87%), Vitamin B3: 0.93mg (4.65%), Vitamin A: 221.59IU (4.43%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 1.3µg (1.24%)