



Beetroot & horseradish purée

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 large onion sliced
- ☐ 1 garlic clove sliced
- ☐ 4 large beetroot diced cooked
- ☐ 1 tbsp balsamic vinegar
- ☐ 2 tbsp crème fraîche
- ☐ 1 tbsp horseradish freshly grated

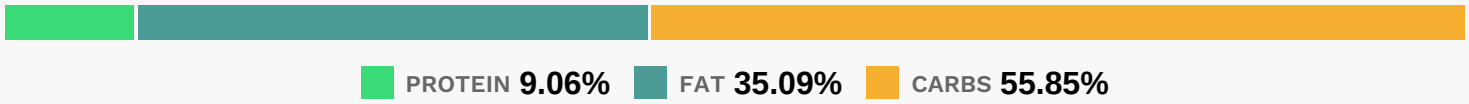
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ microwave
- ☐ immersion blender

Directions

- ☐ Heat the oil in a large pan and gently cook the onion and garlic for 10 mins until soft.
- ☐ Add the beetroot and vinegar to the pan and cook down until sticky. Take the pan off the heat, then stir in the crme frache. Blitz with a hand blender, or tip into a food processor and blitz to a pure. Stir in the grated horseradish and serve. The pure can be made up to a day ahead and heated in a pan or in the microwave.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:8.7, Inflammation Score:-6, Nutrition Score:9.5673913081055%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 141.44kcal (7.07%), Fat: 5.8g (8.92%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 15.16g (5.51%), Sugar: 14.06g (15.62%), Cholesterol: 2.36mg (0.79%), Sodium: 154.97mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Folate: 204.08µg (51.02%), Manganese: 0.64mg (32.21%), Fiber: 5.6g (22.38%), Potassium: 642.02mg (18.34%), Vitamin C: 11.55mg (14%), Magnesium: 45.73mg (11.43%), Iron: 1.57mg (8.72%), Phosphorus: 84.87mg (8.49%), Vitamin B6: 0.16mg (8.06%), Copper: 0.15mg (7.51%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.77mg (5.1%), Zinc: 0.72mg (4.79%), Vitamin B1: 0.07mg (4.65%), Calcium: 41.88mg (4.19%), Vitamin B5: 0.33mg (3.31%), Vitamin B3: 0.65mg (3.26%), Vitamin K: 3.37µg (3.21%), Selenium: 1.68µg (2.4%), Vitamin A: 85.36IU (1.71%)