



Beets in Sweet Orange Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



68 min.

SERVINGS



8

CALORIES



87 kcal

SAUCE

Ingredients

- 2 pounds beets
- 2 teaspoons orange zest grated
- 0.7 cup orange juice
- 0.3 cup brown sugar packed
- 0.3 cup parsley fresh chopped
- 1 teaspoon candied ginger chopped

Equipment

- dutch oven

steamer basket

Directions

- Place steamer basket in 1/2 inch water in Dutch oven (water should not touch bottom of basket).
- Place beets in steamer basket. Cover tightly and heat to boiling; reduce heat to low. Steam 45 to 50 minutes (add boiling water during steaming if necessary) or until tender; drain.
- Place beets back in Dutch oven (without steamer basket). Stir in orange peel, orange juice and brown sugar. Cook uncovered over medium-high heat 5 to 8 minutes, stirring frequently, until sauce is reduced and beets are glazed. Stir in parsley and ginger.

Nutrition Facts


■ PROTEIN 8.85% ■ FAT 2.44% ■ CARBS 88.71%

Properties

Glycemic Index:18.5, Glycemic Load:6.02, Inflammation Score:-5, Nutrition Score:7.956087100765%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 87.33kcal (4.37%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 17.13g (6.23%), Sugar: 16.55g (18.39%), Cholesterol: 0mg (0%), Sodium: 91.74mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Folate: 132.87µg (33.22%), Vitamin K: 31µg (29.52%), Vitamin C: 19.06mg (23.11%), Manganese: 0.38mg (19.17%), Fiber: 3.33g (13.33%), Potassium: 430.47mg (12.3%), Magnesium: 30.02mg (7.51%), Iron: 1.12mg (6.21%), Copper: 0.1mg (5.03%), Phosphorus: 50.34mg (5.03%), Vitamin A: 238.8IU (4.78%), Vitamin B6: 0.09mg (4.48%), Vitamin B1: 0.06mg (3.73%), Vitamin B2: 0.05mg (3.17%), Calcium: 29.52mg (2.95%), Zinc: 0.43mg (2.87%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.23mg (2.34%), Selenium: 0.9µg (1.29%)