



Beets with Dilled Cucumber Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds beets (3)
- ☐ 1 cup cucumber finely chopped
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 4 lettuce leaves
- ☐ 2 tablespoons yogurt plain low-fat
- ☐ 1 tablespoon onion red chopped
- ☐ 1 tablespoon red wine vinegar

☐ 0.1 teaspoon salt

Equipment

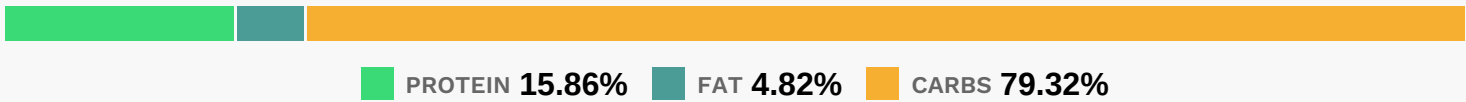
☐ bowl

☐ sauce pan

Directions

- ☐ Combine first 7 ingredients in a small bowl; stir well. Cover and chill.
- ☐ Leave root and 1 inch of stem on beets; scrub with a brush.
- ☐ Place in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 45 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain and cool. Trim off beet roots; rub off skins.
- ☐ Cut beets into 1/4-inch slices.
- ☐ Arrange beet slices on each of 4 lettuce-lined plates; top each serving with 1/4 cup salsa.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:7.5, Inflammation Score:-9, Nutrition Score:11.590869662554%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 89.14kcal (4.46%), Fat: 0.51g (0.78%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 13.43g (4.88%), Sugar: 13.01g (14.45%), Cholesterol: 0.6mg (0.2%), Sodium: 220.28mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Folate: 201.08µg (50.27%), Vitamin A: 1878.3IU (37.57%), Manganese: 0.68mg (33.99%), Fiber: 5.31g (21.26%), Potassium: 676.26mg (19.32%), Vitamin C: 14.17mg (17.18%), Magnesium: 48.66mg (12.16%), Phosphorus: 97.74mg (9.77%), Iron: 1.71mg (9.48%), Vitamin B6: 0.16mg (8.18%), Copper: 0.16mg (7.79%), Vitamin B2: 0.12mg (7.25%), Vitamin B1: 0.09mg (6.19%), Calcium: 60.63mg

(6.06%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.41mg (4.08%), Vitamin B3: 0.7mg (3.48%), Vitamin K: 2.97µg (2.83%),
Selenium: 1.72µg (2.45%), Vitamin E: 0.15mg (1.03%)