



Beets with Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds beets (3 bunches)
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon orange peel grated
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup citrus champagne vinegar

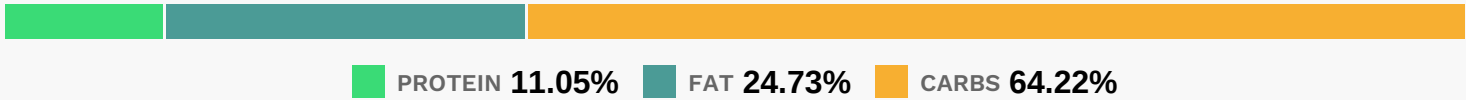
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim and discard tops and root ends from beets. Rinse beets, peel, and cut crosswise into 1/8- to 1/4-inch-thick slices.
- ☐ In a 5- to 6-quart pan over high heat, bring 1 inch of water to a boil.
- ☐ Place beets on a rack over water, cover pan, reduce heat, and steam until beets are tender when pierced, about 15 minutes.
- ☐ Meanwhile, in a bowl, mix orange peel, orange juice, vinegar, olive oil, and tarragon.
- ☐ Remove beets from steaming rack and add to bowl.
- ☐ Mix gently to coat.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:14.16, Inflammation Score:-7, Nutrition Score:15.886086795641%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 183.96kcal (9.2%), Fat: 5.33g (8.2%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 22.42g (8.15%), Sugar: 21.31g (23.68%), Cholesterol: 0mg (0%), Sodium: 431.77mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Folate: 337.81µg (84.45%), Manganese: 1.14mg (57.04%), Fiber: 8.72g (34.89%), Potassium: 1062.39mg (30.35%), Vitamin C: 22.27mg (26.99%), Magnesium: 77.38mg (19.35%), Iron: 3.09mg (17.14%), Phosphorus: 129.2mg (12.92%), Vitamin B6: 0.25mg (12.53%), Copper: 0.25mg (12.26%), Vitamin B2: 0.15mg (8.73%), Zinc: 1.14mg (7.59%), Vitamin B1: 0.11mg (7.24%), Calcium: 71.83mg (7.18%), Vitamin B3: 1.22mg (6.08%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.49mg (4.93%), Vitamin A: 198.16IU (3.96%),

Vitamin K: 3.42µg (3.26%), Selenium: 2.21µg (3.16%)