



Beets With Raspberry-Orange Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds beets green (without tops)
- ☐ 0.8 teaspoon cornstarch
- ☐ 0.3 teaspoon ground ginger
- ☐ 1.5 tablespoons butter reduced-calorie
- ☐ 3 tablespoons orange juice concentrate thawed
- ☐ 0.3 teaspoon orange rind grated
- ☐ 0.3 cup cran-raspberry drink
- ☐ 0.5 cup raspberry jam seedless

☐ 0.3 teaspoon salt

Equipment

☐ frying pan

☐ sauce pan

Directions

- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place in a large saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 35 minutes or until tender.
- ☐ Drain and rinse under cold water.
- ☐ Drain; let cool. Trim off beet roots; rub off skins.
- ☐ Cut beets into 1/4-inch-thick slices.
- ☐ Combine jam and next 5 ingredients in a large nonstick skillet; cook over medium-high heat until jam and margarine melt, stirring constantly.
- ☐ Add beets; cook until thoroughly heated, stirring frequently.
- ☐ Combine cornstarch and concentrate; stir until well blended.
- ☐ Add to beet mixture; cook until thick and bubbly, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:10.26, Inflammation Score:-4, Nutrition Score:5.2665217172192%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 110.1kcal (5.51%), Fat: 1.97g (3.02%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 19.5g (7.09%), Sugar: 15.7g (17.44%), Cholesterol: 0mg (0%), Sodium: 157.6mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Folate: 104.21µg (26.05%), Manganese: 0.32mg (16.21%),

Vitamin C: 12.45mg (15.09%), Fiber: 2.79g (11.14%), Potassium: 337.54mg (9.64%), Magnesium: 23.82mg (5.96%), Iron: 0.84mg (4.64%), Copper: 0.09mg (4.4%), Phosphorus: 42.85mg (4.28%), Vitamin B6: 0.08mg (3.82%), Vitamin B2: 0.06mg (3.41%), Vitamin B1: 0.04mg (2.89%), Calcium: 25.78mg (2.58%), Vitamin A: 126.31IU (2.53%), Zinc: 0.34mg (2.25%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.17mg (1.71%), Selenium: 1.03µg (1.47%), Vitamin E: 0.15mg (1.01%)