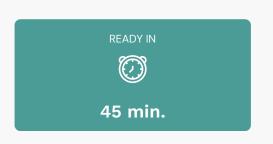


Beets With Raspberry-Orange Glaze







SIDE DISH

Ingredients

2 pounds beets green (without tops)
0.8 teaspoon cornstarch
O.3 teaspoon ground ginger
1.5 tablespoons butter reduced-calorie
3 tablespoons orange juice concentrate thawe
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		
	PROTEIN 5.84% FAT 15.59% CARBS 78.57%	
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

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: Omg (0%), Sodium: 157.6mg (6.85%), Alcohol: Og (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%)