



Beets with Toasted Spices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1.5 pounds beets peeled halved
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon brown mustard seeds
- 1 carrots diced
- 3 tablespoons cilantro leaves
- 0.5 teaspoon cumin seeds
- 1 teaspoon ginger minced
- 0.1 teaspoon ground pepper red

- 2 tablespoons olive oil extra-virgin
- 1 tablespoon rice vinegar
- 0.1 teaspoon salt
- 2 tablespoons shallots minced

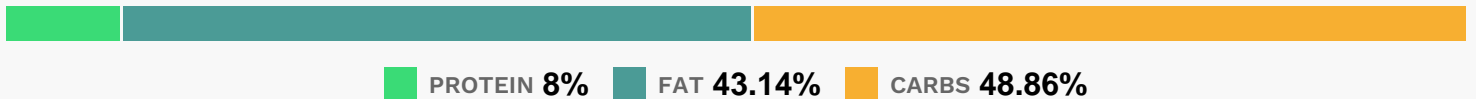
Equipment

- sauce pan
- baking paper
- microwave

Directions

- Wrap beets in parchment paper. Microwave at HIGH until tender (about 7 minutes).
- Let stand 5 minutes.
- Cut into 1-inch pieces.
- Heat a saucepan over medium-high heat.
- Add olive oil, shallots, mustard seeds, ginger, cumin seeds, and carrot; cook 2 minutes.
- Add vinegar, black pepper, salt, and ground red pepper.
- Add beets.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:76.71, Glycemic Load:8.09, Inflammation Score:-9, Nutrition Score:11.698260908541%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 147.64kcal (7.38%), Fat: 7.42g (11.41%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 13.45g (4.89%), Sugar: 12.64g (14.05%), Cholesterol: 0mg (0%), Sodium: 217.36mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin A: 2654.11IU (53.08%), Folate: 190.4µg (47.6%), Manganese: 0.63mg (31.35%), Fiber: 5.45g (21.78%), Potassium: 629.69mg (17.99%), Vitamin C: 9.81mg (11.89%), Magnesium: 43.65mg (10.91%), Iron: 1.7mg (9.45%), Vitamin E: 1.22mg (8.11%), Phosphorus: 78.69mg (7.87%), Vitamin B6: 0.16mg (7.83%), Vitamin K: 7.81µg (7.44%), Copper: 0.15mg (7.26%), Vitamin B2: 0.08mg (4.72%), Vitamin B1: 0.07mg (4.55%), Zinc: 0.67mg (4.48%), Calcium: 37.77mg (3.78%), Vitamin B3: 0.75mg (3.77%), Vitamin B5: 0.32mg (3.24%), Selenium: 1.37µg (1.96%)