



Chioggia Beets with Raspberry Mint Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 1 lb beets (4 to 6; preferably Chioggia*)
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 teaspoons juice of lemon fresh to taste
- ☐ 4 servings garnish: mint sprigs fresh
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon orange zest fresh finely grated (from 2 oranges)

- ☐ 2 tablespoons raspberry vinegar
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons scallions thinly sliced

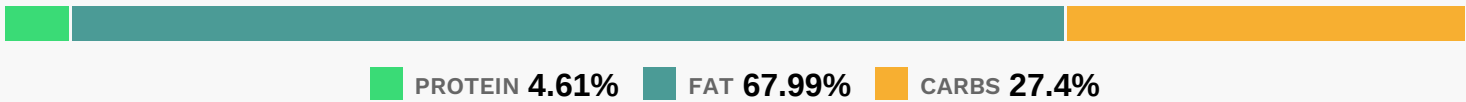
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Cover beets with water by 1 inch in a 2- to 3-quart saucepan and simmer until tender when pierced in center with a fork, about 30 minutes.
- ☐ Drain in a colander and rinse under cold running water.
- ☐ Let stand until cool enough to handle, then slip off and discard skins.
- ☐ Cut beets into 1/4-inch-thick slices.
- ☐ While beets are cooking, stir together scallions, 2 tablespoons vinegar, lemon juice to taste, mint, zest, salt, and pepper in a bowl.
- ☐ Add oil in a slow stream, whisking until combined.
- ☐ Add warm beets and toss with vinaigrette and vinegar and salt to taste.
- ☐ Serve warm or slightly chilled.
- ☐ *Sometimes called candy-cane beets, chioggias become more aggressive in flavor as they age, so search out relatively young beets, with a diameter of 1 1/2 to 2 inches.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:5.03, Inflammation Score:-5, Nutrition Score:7.8360868847888%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 176.2kcal (8.81%), Fat: 13.75g (21.16%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 8.67g (3.15%), Sugar: 7.87g (8.74%), Cholesterol: 0mg (0%), Sodium: 381.71mg (16.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Folate: 131.47µg (32.87%), Manganese: 0.47mg (23.65%), Vitamin K: 18.08µg (17.22%), Fiber: 3.8g (15.21%), Vitamin E: 2.02mg (13.49%), Vitamin C: 10.52mg (12.76%), Potassium: 415.63mg (11.88%), Magnesium: 31.07mg (7.77%), Iron: 1.28mg (7.13%), Copper: 0.11mg (5.31%), Phosphorus: 51.09mg (5.11%), Vitamin A: 238.78IU (4.78%), Vitamin B6: 0.09mg (4.39%), Vitamin B2: 0.06mg (3.56%), Calcium: 34.4mg (3.44%), Zinc: 0.47mg (3.1%), Vitamin B1: 0.04mg (2.88%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.21mg (2.05%), Selenium: 0.86µg (1.23%)