

Citrusy Beets



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds beets
- ☐ 2 teaspoons butter
- ☐ 1 Dash ground cloves
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.7 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

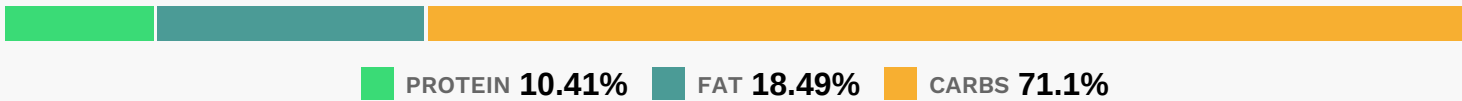
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Leave root and 1 inch of stem on beets; scrub with a brush.
- ☐ Place in a large saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain; peel and cut into 1/4-inch-thick slices.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add beets, orange rind, and remaining ingredients. Bring to a boil; cook 7 minutes, stirring frequently, until beets are tender and sauce is reduced to 1/2 cup.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:6.37, Inflammation Score:-5, Nutrition Score:6.8778261278311%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.41mg, Hesperetin: 3.41mg, Hesperetin: 3.41mg, Hesperetin: 3.41mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 74.5kcal (3.73%), Fat: 1.63g (2.5%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.7g (3.89%), Sugar: 10.01g (11.12%), Cholesterol: 3.58mg (1.19%), Sodium: 148.39mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Folate: 132.34µg (33.08%), Vitamin C: 20.56mg (24.93%), Manganese: 0.48mg (24.13%), Fiber: 3.37g (13.48%), Potassium: 428.59mg (12.25%), Magnesium: 29.85mg (7.46%), Iron: 0.99mg (5.52%), Phosphorus: 50.89mg (5.09%), Copper: 0.1mg (4.96%), Vitamin B6:

0.09mg (4.47%), Vitamin B1: 0.06mg (4.09%), Vitamin B2: 0.06mg (3.26%), Zinc: 0.42mg (2.79%), Vitamin A: 137.53IU (2.75%), Vitamin B3: 0.5mg (2.5%), Calcium: 23.97mg (2.4%), Vitamin B5: 0.24mg (2.36%), Selenium: 0.86µg (1.23%)