



German Beets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- 2.5 pounds beets
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 1 teaspoon salt
- 0.1 teaspoon pepper
- 1.3 cups water
- 0.5 cup vinegar white

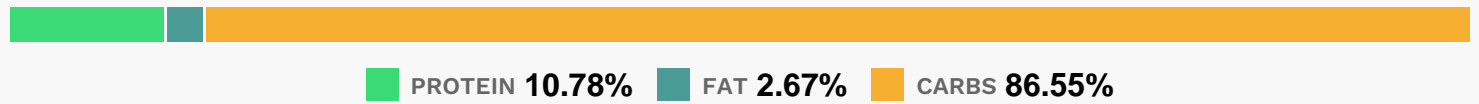
Equipment

- sauce pan
- dutch oven

Directions

- Cut off all but 1 inch of beet tops. Wash beets; leave whole with root ends attached.
- Heat 8 to 9 cups water, 1 tablespoon white vinegar (to preserve color) and salt (if desired) to boiling in 4-quart Dutch oven.
- Add beets. Cover and boil 40 to 50 minutes or until tender; drain. Cool, peel and slice beets.
- Mix cornstarch, sugar, salt and pepper in 3-quart saucepan. Gradually stir in water and vinegar. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- Stir in beets; cook until hot.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:8.23, Inflammation Score:-4, Nutrition Score:6.579130400782%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 83.07kcal (4.15%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 14.4g (5.23%), Sugar: 12.58g (13.98%), Cholesterol: 0mg (0%), Sodium: 403.75mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Folate: 154.51µg (38.63%), Manganese: 0.48mg (24.05%), Fiber: 3.99g (15.98%), Potassium: 461.59mg (13.19%), Vitamin C: 6.95mg (8.42%), Magnesium: 33.28mg (8.32%), Iron: 1.16mg (6.42%), Copper: 0.12mg (5.77%), Phosphorus: 57.65mg (5.76%), Vitamin B6: 0.1mg (4.75%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.5mg (3.36%), Vitamin B1: 0.04mg (2.93%), Calcium: 25.21mg (2.52%), Vitamin B3: 0.47mg (2.37%), Vitamin B5: 0.22mg (2.2%), Selenium: 1.15µg (1.64%)