



Glazed Beets with Cloves and Port

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 30 ounce beets drained sliced canned
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt

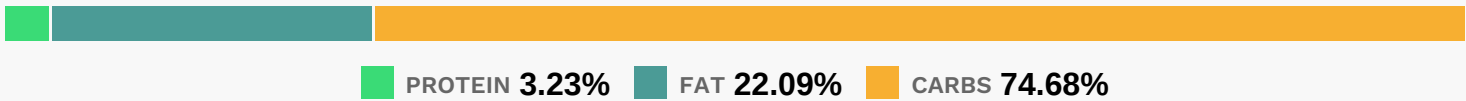
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-low heat. Stir in brown sugar and next 3 ingredients; cook until sugar melts. Stir in port; cook over medium-high heat until mixture is slightly thickened.
- ☐ Add beets to skillet; toss to coat. Cook 5 minutes or until beets are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:1.45, Inflammation Score:-3, Nutrition Score:4.4004348030557%

Nutrients (% of daily need)

Calories: 151.46kcal (7.57%), Fat: 3.92g (6.04%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 28.61g (10.4%), Sugar: 22.03g (24.48%), Cholesterol: 0mg (0%), Sodium: 547.93mg (23.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Manganese: 0.44mg (21.83%), Folate: 38.64µg (9.66%), Copper: 0.18mg (9.05%), Vitamin C: 5.23mg (6.34%), Magnesium: 23.75mg (5.94%), Potassium: 190.5mg (5.44%), Fiber: 1.25g (5.01%), Vitamin A: 247.05IU (4.94%), Vitamin B2: 0.07mg (4.37%), Vitamin B6: 0.09mg (4.25%), Iron: 0.7mg (3.89%), Vitamin E: 0.5mg (3.33%), Phosphorus: 28.51mg (2.85%), Zinc: 0.4mg (2.65%), Calcium: 23.97mg (2.4%), Selenium: 1.51µg (2.15%), Vitamin B5: 0.21mg (2.07%), Vitamin B3: 0.38mg (1.92%), Vitamin K: 2.01µg (1.91%), Vitamin B1: 0.02mg (1.13%)