



Glazed Orange Beets



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 4 medium beets peeled cut into thin strips
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2.5 cups orange juice
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups water

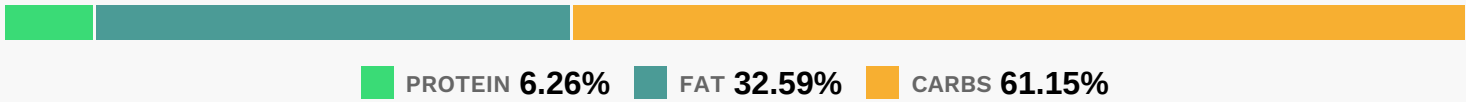
Equipment

☐ sauce pan

Directions

- ☐ Bring 2 1/2 cups water and orange juice to a boil over high heat.
- ☐ Add beet strips, and cook 20 minutes or until tender.
- ☐ Drain beets.
- ☐ Melt butter in a saucepan over medium heat; add brown sugar, salt, and nutmeg, stirring until blended.
- ☐ Pour mixture over beet strips. Prep: 25 min., Cook: 35 min.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:15.6, Inflammation Score:-8, Nutrition Score:15.195217210961%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 241.8kcal (12.09%), Fat: 9.1g (14%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 33.32g (12.12%), Sugar: 30.37g (33.74%), Cholesterol: 0mg (0%), Sodium: 532.94mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin C: 85.85mg (104.07%), Folate: 232.06µg (58.01%), Manganese: 0.59mg (29.46%), Potassium: 875.39mg (25.01%), Fiber: 5.1g (20.38%), Vitamin A: 741.81IU (14.84%), Magnesium: 58.72mg (14.68%), Vitamin B1: 0.19mg (12.91%), Copper: 0.22mg (11.18%), Phosphorus: 97.27mg (9.73%), Iron: 1.72mg (9.55%), Vitamin B6: 0.18mg (8.98%), Vitamin B2: 0.12mg (6.97%), Vitamin B3: 1.2mg (5.99%), Vitamin B5: 0.57mg (5.75%), Calcium: 57.23mg (5.72%), Zinc: 0.69mg (4.62%), Vitamin E: 0.46mg (3.04%), Selenium: 1.42µg (2.03%)