



Grandma's Harvard Beets



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 30 ounce beets drained sliced canned
- ☐ 4 teaspoons cornstarch
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.8 cup sugar white
- ☐ 0.3 cup vinegar white

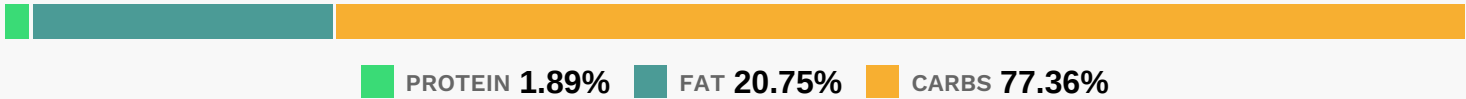
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan, combine the sugar, cornstarch, vinegar and water. Bring to a boil, and cook for 5 minute.
- ☐ Add the beets to the liquid, and simmer for 30 minutes over low heat. Stir in butter, salt and pepper and remove from the heat.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:17.47, Inflammation Score:-3, Nutrition Score:3.7926087256359%

Nutrients (% of daily need)

Calories: 246.42kcal (12.32%), Fat: 5.87g (9.04%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 48.12g (17.5%), Sugar: 40.55g (45.06%), Cholesterol: 15.05mg (5.02%), Sodium: 354.44mg (15.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Manganese: 0.33mg (16.61%), Folate: 38.5µg (9.62%), Copper: 0.17mg (8.55%), Magnesium: 21.86mg (5.47%), Vitamin A: 244.84IU (4.9%), Potassium: 166.64mg (4.76%), Fiber: 1.17g (4.67%), Vitamin B2: 0.08mg (4.43%), Vitamin C: 3.26mg (3.95%), Vitamin B6: 0.07mg (3.57%), Iron: 0.61mg (3.41%), Phosphorus: 26.65mg (2.66%), Zinc: 0.38mg (2.55%), Selenium: 1.75µg (2.5%), Vitamin B5: 0.2mg (2.03%), Calcium: 19.22mg (1.92%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.25mg (1.66%)