



Grapefruit and White Beets with Yogurt and Tarragon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- 1 pound beets white (candy-stripe)
- 0.3 cup tarragon fresh
- 2 grapefruit white
- 4 servings kosher salt
- 1 tablespoon olive oil
- 3 tablespoons pinenuts
- 0.8 cup greek yogurt plain

- 2 tablespoons citrus champagne vinegar

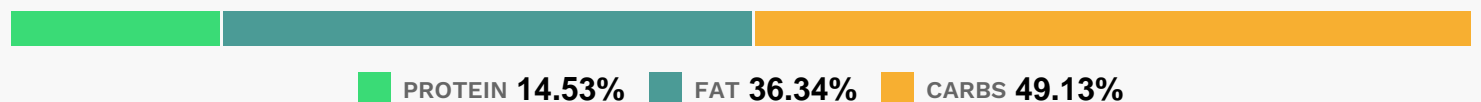
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- aluminum foil

Directions

- Preheat oven to 350°F. Toast pine nuts on a rimmed baking sheet, tossing occasionally, until golden brown, 6–8 minutes; let cool.
- Increase oven heat to 400°F.
- Place beets on a sheet of parchment paper set on top of a sheet of foil; rub beets with oil and season with salt. Close up parchment and foil around beets.
- Place packet on a baking sheet and roast beets until tender, 40–50 minutes. Unwrap beets and let cool.
- Peel beets and thinly slice into rounds. Toss beets and vinegar in a medium bowl; season with salt and let stand 15 minutes.
- Meanwhile, finely grate 1/2 teaspoon zest from 1 grapefruit and set aside. Using a sharp, small knife, cut all peel and white pith from both grapefruits; discard. Thinly slice grapefruit into rounds.
- Place yogurt in a small bowl; season with salt and mix well. Spoon onto plates. Top yogurt with beets and sliced grapefruit, then tarragon, toasted pine nuts, and reserved grapefruit zest.
- DO AHEAD: Beets can be roasted 2 days ahead; let cool. Cover and chill. Pine nuts can be toasted 1 day ahead; store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:8.77, Inflammation Score:-9, Nutrition Score:17.322173740553%

Flavonoids

Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 217.64kcal (10.88%), Fat: 9.37g (14.42%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 22.77g (8.28%), Sugar: 17.98g (19.98%), Cholesterol: 1.88mg (0.63%), Sodium: 298.54mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Manganese: 1.32mg (66.13%), Vitamin C: 47.18mg (57.19%), Folate: 154.15µg (38.54%), Vitamin A: 1646.97IU (32.94%), Fiber: 5.74g (22.95%), Potassium: 738.26mg (21.09%), Magnesium: 71.92mg (17.98%), Phosphorus: 173.1mg (17.31%), Vitamin B2: 0.25mg (14.71%), Iron: 2.54mg (14.08%), Copper: 0.25mg (12.69%), Calcium: 126.04mg (12.6%), Vitamin B6: 0.25mg (12.58%), Vitamin E: 1.42mg (9.46%), Vitamin B1: 0.13mg (8.92%), Zinc: 1.3mg (8.64%), Selenium: 4.83µg (6.9%), Vitamin B3: 1.33mg (6.67%), Vitamin B5: 0.66mg (6.59%), Vitamin K: 6.38µg (6.07%), Vitamin B12: 0.26µg (4.37%)