



Homemade Beet Horseradish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 ounce beets shredded peeled finely
- ☐ 2.5 ounces horseradish fresh shredded trimmed peeled finely
- ☐ 0.5 cup red wine vinegar
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar

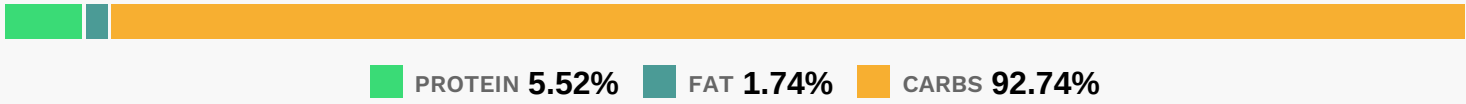
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐
- Combine beets and horseradish in a food processor, and pulse 20 times.
- ☐
- Add vinegar, sugar, and salt; process 2 minutes or until pasty. Spoon into a bowl; cover and chill overnight.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:5.9, Inflammation Score:-1, Nutrition Score:1.6626087035174%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.72kcal (2.04%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 8.64g (3.14%), Sugar: 8.63g (9.59%), Cholesterol: 0mg (0%), Sodium: 318.99mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Folate: 38.63µg (9.66%), Manganese: 0.12mg (6.05%), Fiber: 0.99g (3.97%), Potassium: 118.27mg (3.38%), Vitamin C: 1.77mg (2.15%), Magnesium: 8.46mg (2.11%), Iron: 0.32mg (1.79%), Phosphorus: 14.77mg (1.48%), Copper: 0.03mg (1.4%), Vitamin B6: 0.02mg (1.19%)