



Lemon-Rosemary Beets



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds beets peeled cut into wedges (6)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cider vinegar
- ☐ 2 tablespoons honey
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin

☐ 2 rosemary sprigs

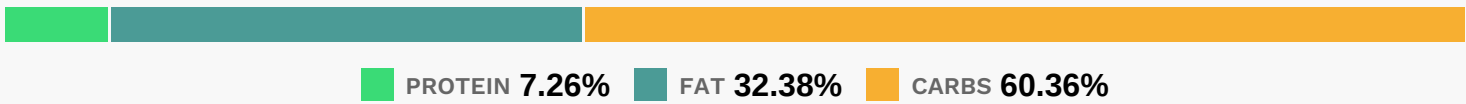
Equipment

☐ slow cooker

Directions

- ☐ Place first 8 ingredients in a 4-quart electric slow cooker. Cover and cook on LOW for 8 hours or until beets are tender.
- ☐ Remove and discard rosemary sprigs; stir in lemon rind.

Nutrition Facts



Properties

Glycemic Index:36.9, Glycemic Load:8.21, Inflammation Score:-4, Nutrition Score:6.5052173655966%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 111.24kcal (5.56%), Fat: 4.24g (6.52%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 14.06g (5.11%), Sugar: 13.81g (15.34%), Cholesterol: 0mg (0%), Sodium: 350.77mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Folate: 142.37µg (35.59%), Manganese: 0.46mg (22.82%), Fiber: 3.72g (14.87%), Potassium: 432.78mg (12.37%), Vitamin C: 8.24mg (9.99%), Magnesium: 30.63mg (7.66%), Iron: 1.12mg (6.21%), Phosphorus: 52.86mg (5.29%), Copper: 0.1mg (5.13%), Vitamin B6: 0.09mg (4.57%), Vitamin E: 0.64mg (4.24%), Vitamin B2: 0.06mg (3.25%), Zinc: 0.47mg (3.16%), Vitamin B1: 0.04mg (2.77%), Vitamin K: 2.9µg (2.76%), Calcium: 22.89mg (2.29%), Vitamin B3: 0.45mg (2.23%), Vitamin B5: 0.21mg (2.13%), Selenium: 0.97µg (1.39%)