



Maple Horseradish Glazed Beets



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1.8 lb the salad (with greens), stems trimmed to 1 inch
- ☐ 0.3 teaspoon pepper (black)
- ☐ 2.5 tablespoons apple cider vinegar
- ☐ 3 tablespoons horseradish (drained (not))
- ☐ 2.5 tablespoons maple syrup (dark (preferably amber or Grade B))
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter (unsalted)

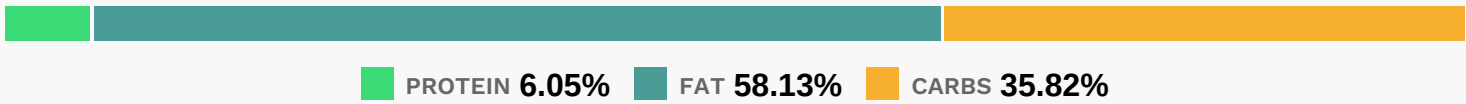
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Wrap beets in foil and roast until tender, about 1 hour. When cool enough to handle, peel beets and cut into eighths, then transfer to a bowl.
- ☐ Melt butter with horseradish, syrup, vinegar, salt, and pepper in a 12-inch heavy skillet over moderate heat. Stir in beets and boil, stirring occasionally, until liquid in skillet is reduced to about 1/4 cup and beets are coated, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:3.44, Inflammation Score:-9, Nutrition Score:11.238695773094%

Nutrients (% of daily need)

Calories: 174.91kcal (8.75%), Fat: 11.73g (18.04%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 15.86g (5.77%), Sugar: 8.44g (9.37%), Cholesterol: 30.5mg (10.17%), Sodium: 392.71mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin C: 48.84mg (59.2%), Vitamin A: 2609.81IU (52.2%), Manganese: 0.63mg (31.7%), Folate: 80.28µg (20.07%), Vitamin B2: 0.27mg (15.63%), Potassium: 409.1mg (11.69%), Phosphorus: 85.23mg (8.52%), Vitamin B6: 0.17mg (8.39%), Iron: 1.35mg (7.49%), Magnesium: 28.47mg (7.12%), Vitamin B3: 1.15mg (5.76%), Copper: 0.11mg (5.53%), Calcium: 50.52mg (5.05%), Vitamin B1: 0.07mg (4.64%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.33mg (2.21%), Selenium: 1.27µg (1.81%), Fiber: 0.4g (1.61%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.34µg (1.28%)