



## Marinated Beets with Pomegranate Molasses and Toasted Pepitas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon balsamic vinegar
- 8 servings pepper black freshly ground
- 8 servings sea salt
- 2 teaspoons brown sugar dark
- 2 pounds golden beets red
- 8 servings kosher salt

- 4 tablespoons olive oil extra-virgin
- 2 tablespoons pepitas toasted
- 2 teaspoons pomegranate molasses


## Equipment

- bowl
- knife
- whisk
- pot
- kitchen towels

## Directions

- Fill a large pot three-quarters full with cold water and add the beets.
- Sprinkle the water generously with kosher salt. Bring to a boil over medium heat, and then reduce the heat and simmer gently until the beets are tender when pierced with the tip of a knife, 30 to 35 minutes.
- Drain and let cool for about 10 minutes.
- Peel the beets by "wiping" the skin off with a kitchen towel. Trim the tough parts of the tops and bottoms with a small knife and cut each beet into 6 to 8 wedges, like wedges of an orange.
- Place the beets in a bowl.
- Whisk together the cider vinegar, balsamic vinegar, pomegranate molasses, brown sugar and sea salt and pepper to taste in another bowl until the sugar dissolves.
- Add the beets and toss thoroughly to coat. Marinate in the refrigerator for 10 to 15 minutes.
- When ready to serve, add the olive oil and stir to coat the beets. Taste for seasoning, adding more sea salt and pepper if needed. Top with the pepitas.

## Nutrition Facts

 **PROTEIN 7.52%**  **FAT 54.74%**  **CARBS 37.74%**

## Properties

Glycemic Index:24.5, Glycemic Load:5.11, Inflammation Score:-4, Nutrition Score:6.6769565292027%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 133.29kcal (6.66%), Fat: 8.42g (12.96%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 9.72g (3.53%), Sugar: 9.41g (10.45%), Cholesterol: 0mg (0%), Sodium: 477.2mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Folate: 125.08µg (31.27%), Manganese: 0.51mg (25.42%), Fiber: 3.35g (13.4%), Potassium: 395.19mg (11.29%), Magnesium: 41.49mg (10.37%), Phosphorus: 76.91mg (7.69%), Vitamin E: 1.11mg (7.39%), Vitamin C: 5.6mg (6.79%), Iron: 1.21mg (6.7%), Copper: 0.12mg (6.07%), Vitamin K: 4.79µg (4.56%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.6mg (3.98%), Vitamin B2: 0.05mg (2.9%), Vitamin B1: 0.04mg (2.81%), Vitamin B3: 0.51mg (2.53%), Calcium: 21.55mg (2.15%), Vitamin B5: 0.2mg (1.97%), Selenium: 1.05µg (1.5%)