

Orange-Glazed Beets

 Vegetarian  Gluten Free  Dairy Free

READY IN



685 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- 2 pounds beets peeled cut into 1/2-inch slices (3 cups)
- 0.5 cup orange juice
- 0.3 cup apple cider vinegar
- 3 tablespoons honey
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 1 tablespoon water cold

Equipment

slow cooker

Directions

- Mix all ingredients except cornstarch and water in 3 1/2- to 4-quart slow cooker.
- Cover and cook on low heat setting 11 to 12 hours or until beets are tender.
- Mix cornstarch and water; stir into beets. Cook uncovered on high heat setting 5 to 10 minutes or until sauce has thickened.

Nutrition Facts

PROTEIN **8.76%** FAT **2.25%** CARBS **88.99%**

Properties

Glycemic Index:34.71, Glycemic Load:12.19, Inflammation Score:-5, Nutrition Score:8.0252173426359%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 113.41kcal (5.67%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 22.26g (8.09%), Sugar: 20.62g (22.91%), Cholesterol: 0mg (0%), Sodium: 506.88mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Folate: 171.22µg (42.8%), Manganese: 0.54mg (26.76%), Vitamin C: 17.79mg (21.57%), Fiber: 4.31g (17.23%), Potassium: 545.57mg (15.59%), Magnesium: 37.83mg (9.46%), Iron: 1.32mg (7.36%), Phosphorus: 65.38mg (6.54%), Copper: 0.13mg (6.42%), Vitamin B6: 0.11mg (5.6%), Vitamin B1: 0.07mg (4.36%), Vitamin B2: 0.07mg (4.16%), Zinc: 0.57mg (3.79%), Vitamin B3: 0.6mg (3%), Vitamin B5: 0.28mg (2.81%), Calcium: 28.13mg (2.81%), Vitamin A: 91.23IU (1.82%), Selenium: 1.21µg (1.73%)