



Power-Boosting Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



512 kcal

SIDE DISH

Ingredients

- ☐ 2 beets halved
- ☐ 2 large carrots halved
- ☐ 2 celery stalks halved
- ☐ 2 inch cucumber
- ☐ 2 red-skinned apples such as pippin, halved
- ☐ 0.3 cup walnut pieces finely

Equipment

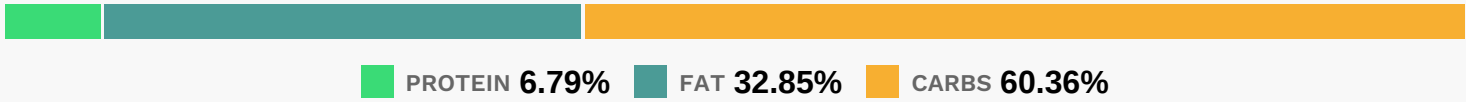
- ☐ toothpicks

☐ juicer

Directions

- ☐ Mix it up
- ☐ Cut two wafer-thin slices off one of the beet halves and reserve. Feed the beet and carrots, then the celery and cucumber, and finally the apples through a juicer. Stir in the walnuts. Fill a glass halfway with ice (if using), then pour in the juice. Thread the beet slices through a toothpick, lay it on top of the glass, and serve immediately.
- ☐ Sweet beet
- ☐ Beet has one of the highest sugar levels of any vegetable, with the equivalent of 1 teaspoon of natural fruit sugar in each 4-ounce portion of beets, so it gives a great energy boost. It also contains folates, vitamin C, and potassium, which help to regulate blood pressure and nerve function.
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Nutrition Facts



Properties

Glycemic Index:209.83, Glycemic Load:25.4, Inflammation Score:-10, Nutrition Score:30.259565239367%

Flavonoids

Cyanidin: 6.51mg, Cyanidin: 6.51mg, Cyanidin: 6.51mg, Cyanidin: 6.51mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.14mg, Quercetin: 15.14mg, Quercetin: 15.14mg, Quercetin: 15.14mg

Nutrients (% of daily need)

Calories: 511.86kcal (25.59%), Fat: 20.34g (31.29%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 84.06g (28.02%), Net Carbohydrates: 64.58g (23.48%), Sugar: 56.71g (63.01%), Cholesterol: 0mg (0%), Sodium: 238.01mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.91%), Vitamin A: 24352.75IU (487.05%), Manganese: 1.88mg (94.17%), Fiber: 19.48g (77.93%), Folate: 249.3µg (62.32%), Potassium: 1539.98mg (44%), Vitamin C: 34.07mg (41.29%), Copper: 0.76mg (37.88%), Vitamin B6: 0.62mg (31.17%), Magnesium: 120.9mg (30.23%), Vitamin K: 30.84µg (29.37%), Phosphorus: 260.23mg (26.02%), Vitamin B1: 0.31mg (20.72%), Vitamin B2: 0.29mg (17.26%), Iron: 3.06mg (17%), Vitamin B3: 2.65mg (13.25%), Zinc: 1.99mg (13.25%), Calcium: 128.18mg (12.82%), Vitamin E: 1.9mg (12.66%), Vitamin B5: 1.07mg (10.68%), Selenium: 2.76µg (3.95%)