



Raspberry-Glazed Beets with Chèvre

 Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 43.5 oz beets drained sliced canned
- 0.3 cup chèvre crumbled
- 0.8 cup chicken broth
- 0.5 cup raspberry preserves (red with smucker's simply fruit)
- 0.3 teaspoon salt

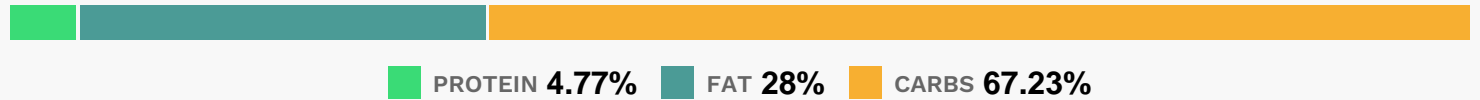
Equipment

- sauce pan

Directions

- Bring first 3 ingredients to a boil in a large saucepan over high heat.
- Add beets, and boil 8 to 10 minutes or until liquid is reduced to a syrup, stirring often.
- Remove from heat. Stir in butter. Top each serving with crumbled chvre.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:7.92, Inflammation Score:-4, Nutrition Score:5.1421739601571%

Nutrients (% of daily need)

Calories: 230.33kcal (11.52%), Fat: 7.39g (11.37%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 38.46g (13.99%), Sugar: 27.42g (30.47%), Cholesterol: 3.7mg (1.23%), Sodium: 483.89mg (21.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Manganese: 0.37mg (18.25%), Copper: 0.26mg (12.77%), Folate: 44.88µg (11.22%), Vitamin A: 403IU (8.06%), Vitamin B2: 0.13mg (7.81%), Vitamin C: 5.43mg (6.58%), Magnesium: 25.54mg (6.39%), Fiber: 1.47g (5.87%), Potassium: 202.44mg (5.78%), Phosphorus: 50.92mg (5.09%), Vitamin B6: 0.1mg (4.98%), Iron: 0.89mg (4.93%), Calcium: 34.19mg (3.42%), Zinc: 0.49mg (3.3%), Selenium: 2.25µg (3.22%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.36mg (2.4%), Vitamin B3: 0.47mg (2.37%), Vitamin B1: 0.03mg (1.94%)