



Roasted-Beet and Apple Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 3 medium the salad with greens), trimmed, leaving 1 inch of stems attached
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 apples i use 2 granny smith apples (1 lb total)
- ☐ 2 tablespoons horseradish
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

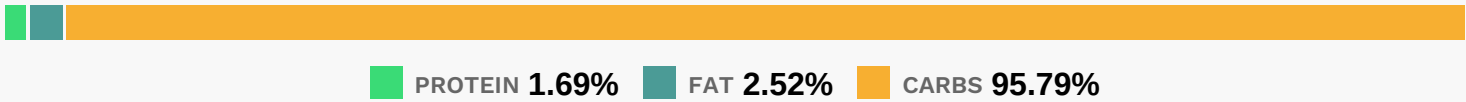
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F.
- ☐ Tightly wrap beets in a double layer of foil and roast on a baking sheet in middle of oven until very tender, 1 1/4 to 1 1/2 hours. Cool in foil package until warm (the steam makes beets easier to peel), about 20 minutes.
- ☐ While beets are roasting, stir together vinegar, sugar, salt, and pepper in a large bowl until sugar and salt are dissolved.
- ☐ Cut apples into 1/4-inch dice and add to dressing along with horseradish. Toss well.
- ☐ When beets are cool enough to handle, slip off skins and remove stems.
- ☐ Cut beets into 1/4-inch dice and stir into apple mixture.
- ☐ Chill relish, covered, stirring occasionally, at least 2 hours (to allow flavors to develop) and up to 3 days.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:7.81, Inflammation Score:-2, Nutrition Score:2.0700000239455%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 78.64kcal (3.93%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 17.21g (6.26%), Sugar: 16.13g (17.92%), Cholesterol: 0mg (0%), Sodium: 324.37mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Fiber: 2.46g (9.85%), Vitamin C: 6.23mg (7.55%), Manganese: 0.11mg (5.45%), Potassium: 133.49mg (3.81%), Vitamin B6: 0.04mg (2.19%), Vitamin K: 2.3µg (2.19%), Magnesium: 7.87mg (1.97%), Folate: 7.3µg (1.83%), Copper: 0.03mg (1.66%), Vitamin B2: 0.03mg (1.6%), Phosphorus: 14.42mg (1.44%), Calcium: 11.95mg (1.19%), Vitamin A: 58.49IU (1.17%), Iron: 0.2mg (1.13%), Vitamin E: 0.17mg (1.11%), Vitamin B1: 0.02mg (1.1%)