



WHATSheATE



Roasted Beet and Feta Gratin with Fresh Mint



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 7.5 inch diameter beets red trimmed scrubbed
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 garlic clove peeled smashed (for dish)
- ☐ 0.8 cup heavy whipping cream
- ☐ 2 mint sprigs plus 1 1/2 tablespoons mint fresh chopped (for garnish)

Equipment

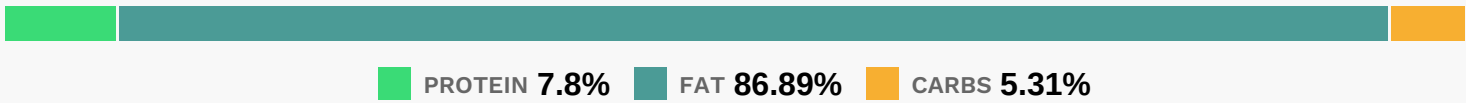
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place beets in smallbaking dish.
- ☐ Add enough water to reachdepth of 1/4 inch.
- ☐ Sprinkle lightly with saltand pepper. Cover tightly with foil.
- ☐ Bakeuntil beets are tender, about 50 minutes.Uncover carefully (steam will be released)and cool. Peel beets; cut into 1/4–inch–thickslices. DO AHEAD: Can be made 2 days ahead.Cover and chill.
- ☐ Preheat oven to 425°F. Bring cream,mint sprigs, and garlic to boil in heavy smallsaucepan.
- ☐ Remove from heat, cover, and letsteep 15 minutes.
- ☐ Meanwhile, lightly butter 1 1/2–quartgratin dish or other shallow baking dish.Arrange sliced beets in even layers in dish,sprinkling each layer lightly with salt.Strain cream mixture over beets indish.
- ☐ Sprinkle feta over.
- ☐ Bake until cream isbubbling at edges and feta is browned inspots, about 20 minutes.
- ☐ Sprinkle pepperand chopped mint over.
- ☐ Let stand 5 minutesbefore serving.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:4.550869565943%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 204.93kcal (10.25%), Fat: 20.16g (31.01%), Saturated Fat: 12.76g (79.75%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.63g (1.81%), Cholesterol: 67.11mg (22.37%), Sodium: 229.8mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin A: 757.99IU (15.16%), Vitamin B2: 0.25mg (14.48%), Calcium: 125.22mg (12.52%), Phosphorus: 92.49mg (9.25%), Vitamin B12: 0.39µg (6.47%), Selenium: 4.29µg (6.13%), Vitamin B6: 0.11mg (5.41%), Vitamin D: 0.79µg (5.26%), Zinc: 0.68mg (4.52%), Folate: 13.57µg (3.39%), Vitamin B5: 0.31mg (3.09%), Vitamin E: 0.45mg (2.98%), Vitamin B1: 0.04mg (2.75%), Potassium: 75.35mg (2.15%), Magnesium: 8.37mg (2.09%), Manganese: 0.04mg (1.99%), Vitamin K: 1.79µg (1.7%), Iron: 0.24mg (1.35%), Vitamin B3: 0.24mg (1.22%), Vitamin C: 0.89mg (1.08%)