



Roasted Beet and Parmigiano Topping

READY IN

ready

120 min.

SERVINGS

servings

8

CALORIES

calories

130 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 pound beets
- ☐ 0.8 inch peasant bread italian
- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon chives fresh chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 pound parmigiano-reggiano

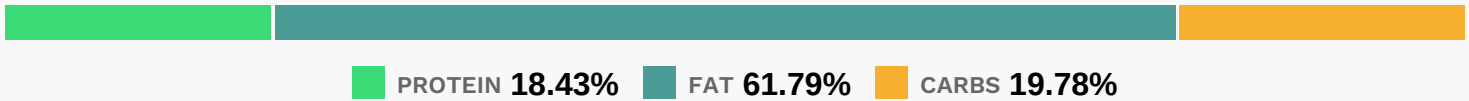
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Wrap the beets in aluminum foil and roast in the oven until they are easily pierced with a paring knife, about 30 to 45 minutes.
- ☐ Remove from the oven and let cool. When the beets are cool enough to handle, peel them and cut into 1/2 moon shapes about 1/4-inch thick. Set the beets aside to cool completely.
- ☐ Preheat the grill or broiler.
- ☐ In a medium-sized mixing bowl, combine the beets, vinegar, oil, caraway seeds, chives, and salt and pepper.
- ☐ Grill or toast the bread until crispy and golden brown. Top each slice with some of the beet mixture, then grate some cheese over each piece.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:2.82, Inflammation Score:-3, Nutrition Score:5.232173913199%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 129.89kcal (6.49%), Fat: 9.06g (13.94%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 4.8g (1.75%), Sugar: 4.26g (4.74%), Cholesterol: 9.64mg (3.21%), Sodium: 273.06mg (11.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Calcium: 180.07mg (18.01%), Folate: 63.17µg (15.79%), Phosphorus: 123.39mg (12.34%), Manganese: 0.21mg (10.57%), Fiber: 1.72g (6.88%), Potassium: 205.02mg (5.86%), Vitamin E: 0.82mg (5.45%), Selenium: 3.69µg (5.27%), Magnesium: 20.48mg (5.12%), Vitamin B2: 0.07mg (4.21%), Zinc: 0.61mg (4.05%), Vitamin K: 3.96µg (3.77%), Iron: 0.67mg (3.75%), Vitamin C: 2.9mg (3.52%), Vitamin B12: 0.17µg (2.83%), Vitamin A: 136.32IU (2.73%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.59%), Vitamin B1: 0.03mg (1.68%), Vitamin B5: 0.16mg (1.56%), Vitamin B3: 0.25mg (1.26%)