



Roasted Beets and Celery Root with Goat Butter

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds baby beets trimmed scrubbed
- ☐ 3 tablespoons goat butter
- ☐ 1 pound celery root
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 30 servings salt and pepper freshly ground
- ☐ 2 thyme sprigs
- ☐ 1 cup vegetable stock

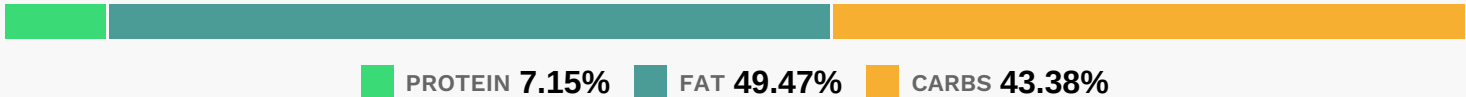
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 35
- ☐ In a baking dish, toss the beets with the oil. Cover with foil and roast for about 1 hour, until the beets are tender when pierced.
- ☐ Let cool slightly, then peel the beets and cut them into small wedges.
- ☐ In a large, deep skillet, heat 2 tablespoons of the goat butter.
- ☐ Add the celery root and thyme sprigs and season lightly with salt and pepper. Cook over moderate heat, stirring occasionally, until lightly browned in spots, about 5 minutes.
- ☐ Add 1/4 cup of the stock and simmer over moderate heat until nearly evaporated, about 2 minutes.
- ☐ Add the remaining stock, 1/4 cup at a time, and cook until the celery root is tender, 8 to 10 minutes total. Stir in the beets and cook until heated through, about 2 minutes. Discard the thyme sprigs. Swirl in the remaining 1 tablespoon of goat butter and season with salt and pepper.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:1.8439130332807%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 29.1kcal (1.45%), Fat: 1.68g (2.59%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.59g (1.76%), Cholesterol: 3.01mg (1%), Sodium: 264mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin K: 6.62µg (6.3%), Folate: 21.88µg (5.47%), Manganese: 0.09mg (4.39%), Fiber: 0.81g (3.24%), Potassium: 107.57mg (3.07%), Vitamin C: 2.24mg (2.72%), Phosphorus: 25.35mg (2.54%), Vitamin B6: 0.04mg (1.89%), Magnesium: 7.51mg (1.88%), Iron: 0.27mg (1.52%), Copper: 0.03mg (1.26%), Vitamin A: 61.08IU (1.22%), Vitamin E: 0.16mg (1.08%), Calcium: 10.26mg (1.03%), Vitamin B2: 0.02mg (1.02%)