



Roasted Beets with Pistachios, Herbs and Orange



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 3 pounds beets
- ☐ 0.3 cup celery leaves for garnish
- ☐ 0.3 cup chives chopped
- ☐ 1 cinnamon sticks
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 orange zest finely grated
- ☐ 0.3 cup roasted pistachios unsalted chopped
- ☐ 20 servings salt
- ☐ 1 large shallots minced
- ☐ 0.3 cup tarragon chopped
- ☐ 1 cup water
- ☐ 0.3 cup citrus champagne vinegar

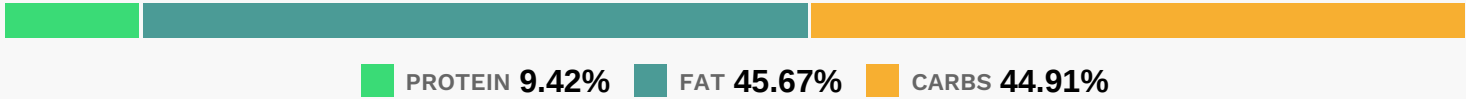
Equipment

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

Directions

- ☐ Preheat the oven to 37
- ☐ Arrange the beets in a roasting pan and add the cinnamon, bay leaves and water. Cover tightly with foil and bake for 1 hour, until the beets are tender; transfer to a large rimmed baking sheet and let cool; discard the liquid and spices.
- ☐ Meanwhile, in a bowl, mix the shallot, vinegar and a large pinch of salt.
- ☐ Let stand for 10 minutes. Stir in the orange zest, tarragon, parsley, chives and oil; season with salt.
- ☐ Peel and trim the beets and slice them 1/4 inch thick. Arrange the beet slices in overlapping rows on a platter. Stir the herb dressing and spoon it over the beets. Scatter the pistachios and celery leaves on top and serve.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:5.2426086741945%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 66.99kcal (3.35%), Fat: 3.58g (5.51%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.87g (5.42%), Cholesterol: 0mg (0%), Sodium: 251.14mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Folate: 80.06µg (20.01%), Manganese: 0.34mg (16.81%), Vitamin K: 16.06µg (15.29%), Fiber: 2.39g (9.58%), Potassium: 276.95mg (7.91%), Vitamin C: 6.06mg (7.35%), Magnesium: 21.39mg (5.35%), Iron: 0.94mg (5.22%), Vitamin B6: 0.1mg (4.82%), Copper: 0.08mg (4.14%), Phosphorus: 39.42mg (3.94%), Vitamin A: 157.54IU (3.15%), Vitamin E: 0.47mg (3.15%), Calcium: 26.39mg (2.64%), Vitamin B1: 0.04mg (2.62%), Vitamin B2: 0.04mg (2.48%), Zinc: 0.32mg (2.16%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.13mg (1.33%)