



WHATSheATE



Salt-Crusted Beets with Horseradish Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients



3 large beets trimmed unpeeled scrubbed (each 8 ounces)



2 cups kosher salt



8 ounces crème fraîche



1 tablespoon chives fresh chopped



2 tablespoons thyme sprigs fresh chopped



5 tablespoons horseradish prepared



1 tablespoon orange zest finely grated

☐ 2 teaspoons sherry vinegar

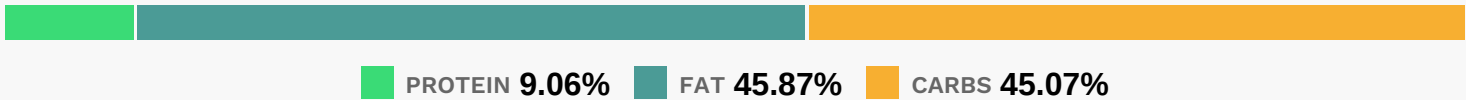
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk crème fraîche, horseradish, chopped chives, and Sherry wine vinegar in small bowl to blend. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 375°F.
- ☐ Mix coarse salt, horseradish, thyme, and orange peel in medium bowl.
- ☐ Place three 3-tablespoon mounds of salt mixture on small rimmed baking sheet, spacing apart. Top each salt mound with 1 beet, then cover all beets with remaining salt mixture, pressing very firmly with hands and forming crust around each beet, covering completely.
- ☐ Roast beets 1 3/4 hours.
- ☐ Remove from oven; crack salt crusts open and remove beets. Peel beets; cut into 1/4-inch-thick slices. Arrange beet slices on platter.
- ☐ Serve with horseradish crème fraîche.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:9.52, Inflammation Score:-10, Nutrition Score:14.289565397346%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 214.67kcal (10.73%), Fat: 11.54g (17.76%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 25.52g (8.51%),
Net Carbohydrates: 18.52g (6.73%), Sugar: 17.24g (19.15%), Cholesterol: 33.45mg (11.15%), Sodium: 56842.71mg
(2471.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Folate: 239.26µg (59.82%),
Manganese: 0.91mg (45.56%), Vitamin C: 23.27mg (28.2%), Fiber: 7g (27.99%), Potassium: 819.37mg (23.41%),
Magnesium: 65.46mg (16.36%), Iron: 2.88mg (15.99%), Calcium: 152.88mg (15.29%), Phosphorus: 135.16mg (13.52%),
Vitamin A: 626.16IU (12.52%), Copper: 0.24mg (12.01%), Vitamin B2: 0.2mg (11.77%), Vitamin B6: 0.19mg (9.47%),
Zinc: 1.27mg (8.5%), Selenium: 4.22µg (6.03%), Vitamin B5: 0.55mg (5.48%), Vitamin B1: 0.08mg (5.34%), Vitamin
B3: 0.89mg (4.44%), Vitamin K: 3.1µg (2.95%), Vitamin E: 0.3mg (2.03%), Vitamin B12: 0.12µg (1.98%)