



Stuffed Beets

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

Ingredients

- 12 ounce bacon
- 4 large beets
- 2 tablespoons garlic chopped
- 1 teaspoon garlic salt
- 4 servings ground pepper black to taste
- 0.5 cup gruyère cheese shredded
- 0.3 cup parmesan cheese grated
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- baking pan
- melon baller

Directions

- Place the beets into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender and skin slides off, about 20 minutes.
- Drain and allow to cool, then remove skin, and cut off roots and stems so that both ends are flat. Scoop out the inside of the beets using a melon baller or spoon, leaving about 1/4-inch on the sides and bottom. Set the hollowed beet cups aside.
- While the beets are cooking, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate, then crumble.
- Preheat an oven to 350 degrees F (175 degrees C).
- Dice the remaining chunks of beets, and place in a large bowl.
- Mix in the Gruyere cheese, Parmesan cheese, sour cream, crumbled bacon, garlic, garlic salt, and pepper until well combined. Gently fill each beet cup with the cheese mixture.
- Place filled beets in a shallow baking dish.
- Bake in the preheated oven until the cheese melts and is heated through, 20 to 30 minutes.

Nutrition Facts

 PROTEIN **14.83%**  FAT **65.41%**  CARBS **19.76%**

Properties

Glycemic Index:31.5, Glycemic Load:12.15, Inflammation Score:-7, Nutrition Score:21.887825862221%

Flavonoids

Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 600.74kcal (30.04%), Fat: 44.11g (67.86%), Saturated Fat: 16.93g (105.78%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 22.25g (8.09%), Sugar: 18.98g (21.09%), Cholesterol: 88.2mg (29.4%), Sodium: 1588.89mg (69.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.99%), Folate: 299.5µg (74.88%), Manganese: 1mg (49.75%), Phosphorus: 387.92mg (38.79%), Selenium: 24.68µg (35.26%), Potassium: 1112.72mg (31.79%), Fiber: 7.73g (30.9%), Calcium: 292.23mg (29.22%), Vitamin B6: 0.48mg (24.13%), Vitamin B1: 0.34mg (22.77%), Vitamin B3: 4.39mg (21.97%), Magnesium: 83.52mg (20.88%), Zinc: 2.97mg (19.77%), Vitamin C: 14.71mg (17.82%), Vitamin B2: 0.27mg (16.12%), Iron: 2.67mg (14.85%), Vitamin B12: 0.8µg (13.4%), Copper: 0.26mg (13.19%), Vitamin B5: 1.08mg (10.8%), Vitamin A: 422.17IU (8.44%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.47µg (3.14%), Vitamin K: 1.54µg (1.47%)