

# Thanksgiving Beets

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

## Ingredients

- 2 pounds beets peeled sliced
- 3 tablespoons brown sugar
- 2 tablespoons butter
- 1 tablespoon cornstarch
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg
- 3 tablespoons vinegar

0.3 cup water

## Equipment

sauce pan

whisk

## Directions

Place the beets into a large saucepan.

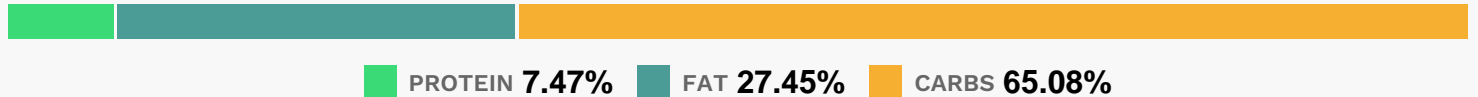
Pour in enough water to cover the beets by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 10 minutes; drain.

Whisk together the brown sugar, vinegar, water, cornstarch, cinnamon, nutmeg, and cloves in a saucepan.

Add the beets and the butter, turn the heat to medium, and cook, stirring constantly, until the mixture comes to a boil. Cook until the sauce thickens slightly, about a minute or two. The sauce will not be sticky-thick, but will still pour nicely.

Serve beets hot or cold.

## Nutrition Facts



## Properties

Glycemic Index:59.75, Glycemic Load:9.85, Inflammation Score:-6, Nutrition Score:11.179130401948%

## Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 193.31kcal (9.67%), Fat: 6.13g (9.43%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 26.12g (9.5%), Sugar: 24.11g (26.79%), Cholesterol: 15.05mg (5.02%), Sodium: 225.98mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Folate: 247.65µg (61.91%), Manganese: 0.88mg (44.1%), Fiber: 6.57g (26.28%), Potassium: 753.83mg (21.54%), Magnesium: 54.14mg (13.54%), Vitamin C: 11.13mg (13.49%), Iron: 1.93mg (10.73%), Phosphorus: 94.05mg (9.41%), Copper: 0.18mg (9.05%), Vitamin B6: 0.16mg

(7.85%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.82mg (5.45%), Vitamin A: 250.84IU (5.02%), Calcium: 50.17mg (5.02%),  
Vitamin B1: 0.07mg (4.76%), Vitamin B3: 0.78mg (3.89%), Vitamin B5: 0.37mg (3.73%), Selenium: 1.9µg (2.71%),  
Vitamin E: 0.27mg (1.8%), Vitamin K: 1.2µg (1.14%)