



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Beets in Orange Sauce ♦♦

Beets in Orange Sauce is a delicious vegetarian recipe that combines the earthy sweetness of beets with the bright citrus flavor of orange. It is a popular side dish in many cuisines and can be served warm or cold. The beets are cooked until tender and then tossed in a tangy orange sauce, which adds a zesty kick to the dish. This recipe is perfect for those looking for a flavorful and nutritious vegetarian option.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Beets
100 ml	orange juice
2 tsp	orange zest
2 tbsp	honey

<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Cutting

Trim and peel the beets. Cut them into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 3

#### Roasting

In a baking dish, toss the beets with olive oil, salt, and black pepper. Roast in the preheated oven for 25-30 minutes, or until tender.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

---

## Step 4

Simmering

In a small saucepan, combine orange juice, orange zest, and honey. Bring to a simmer and cook for 5 minutes, until the sauce thickens slightly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 5

Tossing

Remove the roasted beets from the oven and transfer them to a serving dish. Pour the orange sauce over the beets and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

Serving

Serve the Beets in Orange Sauce warm or cold as a side dish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

Calories: 80 kcal

Fat: 3 g

Protein: 2 g

Carbohydrates: 13 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	3 g	7.89%	12%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	340 mg	14.78%	14.78%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)