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Steamed Beets with Tarragon ·

Steamed beets with tarragon is a delicious vegetarian recipe that highlights the natural sweetness of beets. The beets are steamed to perfection and then tossed with fresh tarragon for a burst of flavor. This dish is perfect as a side dish or can be enjoyed on its own as a light and healthy meal.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Beets
10 g	Tarragon

Directions

Step 1

Cut

Peel and slice the beets into thin rounds.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Steaming

Place the sliced beets in a steamer basket and steam for 15 minutes or until tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Remove the beets from the steamer and transfer to a serving dish.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle fresh tarragon over the steamed beets.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 43 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

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

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	3 mg	230.77%	230.77%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	64 mg	2.78%	2.78%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	305 mg	8.97%	11.73%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Picnic

Cuisines

Italian

Course

Salads

Snacks

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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