

# Boiled beetroot

Cuisine: Czech

Food category: Vegetables



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## Program steps

Preheating: 99 °C

1 Steaming Termination by time 00:45 hh:mm 99 °C + 50 %

## Ingredients - number of portions - 10

Name	Value	Unit
beetroot	1500	g

## Nutrition and allergens

Allergens:

Minerals: Ca, Cr, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn

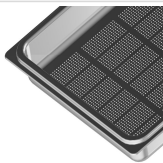
Vitamins: A, B, C, E, K

Nutritional value of one portion	Value
Energy	76.5 kJ
Carbohydrate	0.3 g
Fat	15 g
Protein	3 g
Water	0 g

## Directions

Place the cleaned beetroot in a perforated gastro-intestinal container and cook on the indicated program.

## Recommended accessories



GN container Stainless steel perforated