

# Boiled red beet

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

We will place the cleaned red beet in a pot and cook it according to the specified program.

## Recommended accessories



GN container Stainless steel perforated