


# Boiled beetroot

Cuisine: Czech  
Food category: Vegetables



Author: Vlastimil Jaša  
Company: Retigo



## 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

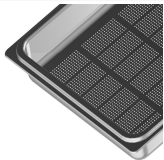
Allergens:  
Minerals: Ca, Cr, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn  
Vitamins: A, B, C, E, K

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