

# Beetroot

*cooked and peeled*



## STORE:

At room temperature.

## MOST IMPORTANT NUTRITIONAL DECLARATIONS:

- Low energy value.
- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- Low in salt. A lower consumption of sodium helps to maintain normal blood pressure.
- Source of folic acid.
- Source of potassium.
- No added sugars.

## NUTRITIONAL INFORMATION PER 100 G.

Energy: 134 kJ/32 kcal.

Fats: 0 g. of which 0 g. are saturated

Carbohydrates: 5,8 g. of which 4,7 g. are sugar

Protein: 1,2 g.

Dietary fiber: 1,9 g.

Salt: 0,25 g.

Potassium: 353 mg

## FORMAT:

Beetroot 2/3 pieces.



## CORN PREPARATION



MICROWAVE OVEN:  
2 min.



GRILL:  
5 min.



BARBECUE:  
10 min.



PAN:  
2 min.

