

# BEETS



The beetroot is the taproot portion of the *beet* plant, usually known in North American as the beet, also table beet, garden beet, red beet, or golden beet. A beet is a vegetable. The deep purple root of beet root can be boiled or steamed, roasted or raw, peeled and then eaten warm with or without butter as a delicacy; cooked, pickled, and then eaten cold as a condiment; or peeled, shredded raw, and then eaten as a salad. Pickled beets are a traditional food in many countries. Other than as food, beets have also been used as a medicinal plant. When beet juice is used, it is most stable in foods with a low water content, such as frozen novelties and fruit fillings. Betatins, obtained from the roots, are used industrially as red food colourants, e.g. to intensify the colour of tomato paste, sauces, desserts, jams and jellies, ice cream, sweets, and breakfast cereals. Raw beetroot is 88% water, 10% carbohydrates, 2% protein, and less than 1% fat.

Source: <https://en.wikipedia.org/wiki/Beetroot>