

Citrus Sautéed Beet Stems

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/beet-leaves-recipe-chinese>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 bunch beet stems, cleaned and chopped
- 1 shallot diced
- 1 bunch beet leaves cleaned and torn into pieces
- 1 garlic clove minced
- 1 1/2 tablespoons champagne vinegar
- 1 Orange
- salt
- pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 26 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 9 grams

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