

Indian-Spiced Beets

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spiced-beetroot-recipe>

Ingredients:

- 2 beets large or 4 small, 2"
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon kosher salt divided
- 1/8 teaspoon brown mustard seeds
- 1/8 teaspoon ground coriander
- 1/8 teaspoon ground cumin
- 1/2 clove garlic
- 2 tablespoons plain greek yogurt
- 2 tablespoons chopped fresh cilantro
- 1/4 jalapeno chilies red or green, minced
- 1 teaspoon fresh ginger grated
- 1 teaspoon lime juice
- 1 tablespoon pomegranate seeds

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 5 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 180 milligrams
7. Sugar: 3 grams

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