NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Beets

Selection:

Choose beets with firm, smooth skin. If the leaves are still attached, choose beets with non-wilted leaves. Avoid soft, wrinkled beets.

Storage:

Remove leaves. Leaves can be eaten as greens, raw or cooked. Store unwashed beets in a plastic bag in refrigerator for up to 3 weeks.

Refrigerator (beets): Up to 3 weeks
Refrigerator (leaves): 1 to 2 days

Use:

Rinse and scrub beets before preparing. Avoid peeling beets until after cooking because the skin protects the color and nutrients during cooking. Wear disposable gloves to avoid red stains on hands.

Digital Scale:
The number on the screen = Total Weight

Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of beets you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Beets

Use this table to find the total cost.
Example: What is the total cost for 1.5 lbs of beets at $1.09 per lb? **1.5 lbs x $1.09 = $1.64**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

1 medium Beet

Nutrition Facts	
Serving Size 1 Beet (82g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	
Vitamin A 0% • Vitamin C 6%	
Calcium 2% • Iron 4%	

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 medium beet. All beets are not the same size, but you can use this to estimate the nutrition content for smaller or larger beet.

Recipe:

Beet and Citrus Salad

Preparation Time: 30 minutes
Serves 6
Cups of Vegetables per Serving: 1

Ingredients:

1½ lbs beets, with tops
1 pink grapefruit or orange, peeled and sliced
½ red onion, sliced
¼ cup walnuts
low-fat salad dressing (optional)
vinegar (optional)
salt and pepper to taste (optional)

Preparation:

1. Preheat oven to 375ºF.
2. Put aluminum foil on a baking pan and set aside.
3. Clean beets, leave about ½ inch of top.
4. Bake beets on pan for 60 minutes.
5. Remove from oven, allow the beets to cool. Peel and cut off the tops. Slice very thin.
6. Arrange beet slices with the grapefruit or orange sections, onions, and walnuts.
7. Serve with dressing, vinegar, or salt and pepper.

Nutrition Information per Serving (with no dressing):
Calories 101, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 89 mg, Carbohydrates 16 g, Dietary Fiber 3 g, Protein 3 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.