

Beetroot *Beta vulgaris*



Other names	Beets, Garden beet, Red beet
Description	Beets are from the <i>Amaranthaceae</i> family and closely related to spinach, chard and quinoa. Originally cultivated for their leaves (which are a rich source of beta-carotene) the roots were originally long and thin. The more commonly recognised red beet was first developed in Europe in the 17 th century and has the characteristic swollen root and vivid red colour.
Part/s used	Root, leaves, juice
Nutrients	Excellent source of vitamin B9 (folate) and vitamin C, Beetroot also contains calcium, potassium, boron, magnesium, phosphorus, sodium, sulfur, iodine, iron, other B vitamins and is a good source of pectin.
Phytochemicals	Betacyanin, Betaxanthin, betaine, s-adenosylmethionine, betalains, betanin
Medicinal properties	Beets are known for their blood purifying properties and are often included as an important part of any 'detox' process. The pectin in beets is a soluble fibre that aids in binding toxins, heavy metals & excessive hormones so they are removed from the body and not reabsorbed. Beets are anti-oxidant & known to prompt healthy menstruation, relieve constipation and aid good liver and heart health.
Other facts	Beets are used industrially as a red food dye. Beets are reputed as an aphrodisiac because of their high boron content which is an important element in sex hormone production.

Beetroot, raw Nutritional value per 100 g (3.5 oz)	
Energy 40 kcal 180 kJ	
Carbohydrates	9.56 g
- Sugars	6.76 g
Fat	.17 g
Protein	1.61 g
Vitamin A equiv.	2 µg 0%
Thiamin (Vit. B1)	.031 mg 2%
Riboflavin (Vit. B2)	.04 mg 3%
Niacin (Vit. B3)	.334 mg 2%
Pantothenic acid (B5)	.155 mg 3%
Vitamin B6	.067 mg 5%
Folate (Vit. B9)	109 µg 27%
Vitamin C	4.9 mg 8%
Calcium	16 mg 2%
Iron	.80 mg 6%
Magnesium	23 mg 6%
Phosphorus	40 mg 6%
Potassium	325 mg 7%
Zinc	.35 mg 3%
Percentages are relative to US recommendations for adults based on USDA Nutrient database	