

# Beetroot

Allergens – N/A

## Ingredients

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Quantity	Ingredient
1.6 Kg	Sliced Beetroot



## Method

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### Manufactured Beetroot

Drain the beetroot from the jar and serve sliced or diced.

### Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 25.2	= 0.2	= 0.0	= 5.8	= 0.4	= 5.8

Portion size - Primary - 50g