

Beetroot



Beetroot (*Beta vulgaris*) is a root vegetable also known as red beet, table beet, garden beet, or just beet.

Packed with essential nutrients, beetroots are a great source of fibre, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

Many of these benefits are due to their high content of inorganic nitrates.

Beetroots are delicious raw but more frequently cooked or pickled. Their leaves — known as beet greens — can also be eaten.

There are numerous types of beetroot, many of which are distinguished by their colour — yellow, white, pink, or dark purple.

<https://www.healthline.com/nutrition/foods/beetroot>