

# Beet

## Area Under Cultivation

Beet root is cultivated in Haryana, Uttar Pradesh, Himachal Pradesh, West Bengal and Maharashtra.

**Botanical Name** : Beta vulgaris

**Family** : Chenopodiaceae

### Plant Discription :

It is a herbaceous plant having thick and fleshy root with an extensive root system and ovate, dark rosette green leaves which develop in a close spiral manner with the oldest leaves on the outside.

**Centre of Origin** : Mediterranean region

**Pollination system** : Cross pollinated

**Chromosome no** :  $2n=18$

### Nutritional Levels:

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
87.7	1.7	0.1	0.8	0.9	8.8	43
<b>Minerals</b>						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
0.19	0.91	14	24	0	59.8	0.29
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.19	0.91	14	24	0	0.012	
<b>Vitamins</b>						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
0	0.04	0.09	0.4	10	242	0
Folic acid- Total (mg/100g)						
0						