



Balsamic beetroot & shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 500 g beets raw scrubbed quartered
- ☐ 1 tbsp olive oil
- ☐ 300 g shallots halved
- ☐ 1 tbsp thyme leaves
- ☐ 2 tbsp balsamic vinegar

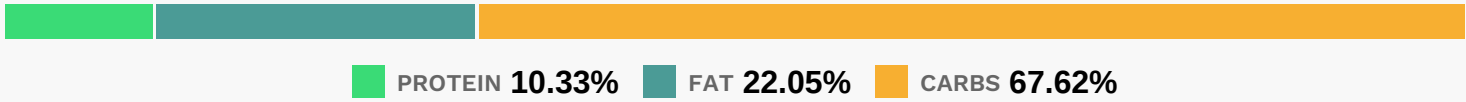
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Put the beetroot in a roasting tin and toss through the oil and some seasoning. Roast for 15 mins.
- ☐ Toss the shallots and thyme with the beetroot, and roast for 40–45 mins until the veg are tender and starting to caramelise around the edges.
- ☐ Drizzle with balsamic vinegar and return to the oven for 3–5 mins until sticky and syrupy. Scatter with thyme leaves to serve.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:12.31, Inflammation Score:-10, Nutrition Score:13.713478357896%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 196.66kcal (9.83%), Fat: 5.09g (7.83%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 26.93g (9.79%), Sugar: 20.73g (23.03%), Cholesterol: 0mg (0%), Sodium: 144.76mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Folate: 216.72µg (54.18%), Manganese: 0.89mg (44.72%), Fiber: 8.19g (32.77%), Potassium: 901.87mg (25.77%), Vitamin C: 19.9mg (24.12%), Vitamin B6: 0.46mg (23.24%), Iron: 3.04mg (16.91%), Magnesium: 64.35mg (16.09%), Phosphorus: 131.17mg (13.12%), Copper: 0.23mg (11.44%), Calcium: 76.04mg (7.6%), Vitamin B1: 0.11mg (7.52%), Zinc: 1.03mg (6.89%), Vitamin B2: 0.1mg (5.74%), Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.78mg (5.19%), Vitamin B3: 0.8mg (4%), Vitamin K: 3.94µg (3.75%), Vitamin A: 169.86IU (3.4%), Selenium: 2.37µg (3.38%)