



Balsamic-Dressed Roasted Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2.5 pounds beets
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 star anise
- ☐ 1 tablespoon sugar

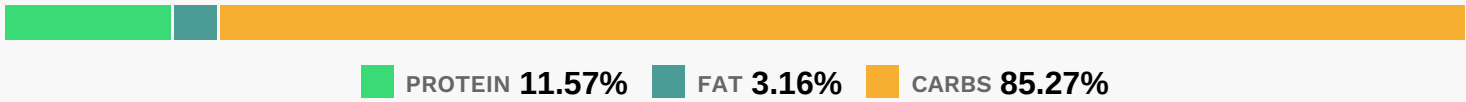
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Leave root and 1 inch of stem on beets; scrub with a brush. Wrap beets in foil.
- ☐ Bake at 400 for 1 hour or until tender. Cool beets to room temperature. Peel and cut each beet into 8 wedges.
- ☐ Combine juice, vinegar, sugar, and star anise in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 10 minutes). Discard star anise.
- ☐ Combine beets, vinegar mixture, salt, and pepper; toss well.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:8.69, Inflammation Score:-5, Nutrition Score:7.3130435166152%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 81.21kcal (4.06%), Fat: 0.3g (0.46%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 14.07g (5.12%), Sugar: 13.57g (15.08%), Cholesterol: 0mg (0%), Sodium: 257.93mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Folate: 159.17µg (39.79%), Manganese: 0.49mg (24.31%), Vitamin C: 14.72mg (17.84%), Fiber: 4.03g (16.1%), Potassium: 502.88mg (14.37%), Magnesium: 35.53mg (8.88%), Iron: 1.27mg (7.08%), Phosphorus: 61.45mg (6.14%), Copper: 0.12mg (5.85%), Vitamin B6: 0.1mg (5.1%), Vitamin B1: 0.06mg (3.89%), Vitamin B2: 0.06mg (3.65%), Zinc: 0.52mg (3.45%), Calcium: 27.59mg (2.76%), Vitamin B3: 0.54mg (2.7%), Vitamin B5: 0.25mg (2.51%), Vitamin A: 78.34IU (1.57%), Selenium: 1.02µg (1.46%)