



Basic Roasted Beets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



3

CALORIES



139 kcal

SIDE DISH

Ingredients

- 1.5 pounds beets
- 3 servings pepper black freshly ground
- 1 tablespoon olive oil
- 3 servings salt

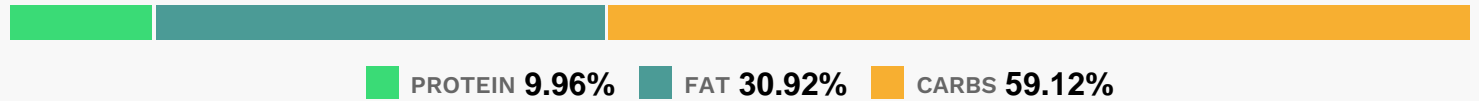
Equipment

- oven
- knife
- aluminum foil

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Rinse the beets and trim off any leafy tops. Wrap completely in aluminum foil and place in the oven. Roast until tender and easily pierced with a knife, about 1 to 1 1/2 hours.
- Remove from the oven and let cool. When the beets are cool enough to handle, peel using a paring knife or by pushing the skin with your fingers. Slice the beets, drizzle with olive oil, and season with salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:10.738695808079%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 139.03kcal (6.95%), Fat: 5.06g (7.78%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 15.37g (5.59%), Sugar: 15.33g (17.04%), Cholesterol: 0mg (0%), Sodium: 370.8mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Folate: 247.22µg (61.81%), Manganese: 0.76mg (37.97%), Fiber: 6.38g (25.5%), Potassium: 738.5mg (21.1%), Vitamin C: 11.1mg (13.47%), Magnesium: 52.34mg (13.08%), Iron: 1.85mg (10.29%), Phosphorus: 90.88mg (9.09%), Copper: 0.17mg (8.58%), Vitamin B6: 0.15mg (7.61%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.8mg (5.3%), Vitamin E: 0.76mg (5.09%), Vitamin B1: 0.07mg (4.69%), Vitamin B3: 0.76mg (3.79%), Calcium: 36.9mg (3.69%), Vitamin B5: 0.35mg (3.53%), Vitamin K: 3.43µg (3.26%), Selenium: 1.59µg (2.28%), Vitamin A: 75.39IU (1.51%)