



Beets, leeks & onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 1 kg beets raw peeled halved
- ☐ 2 onion peeled quartered
- ☐ 10 baby leeks trimmed
- ☐ 4 large garlic clove peeled
- ☐ 4 tbsp olive oil
- ☐ 1 sprigs rosemary leaves fresh
- ☐ 4 bay leaves
- ☐ 100 ml balsamic vinegar

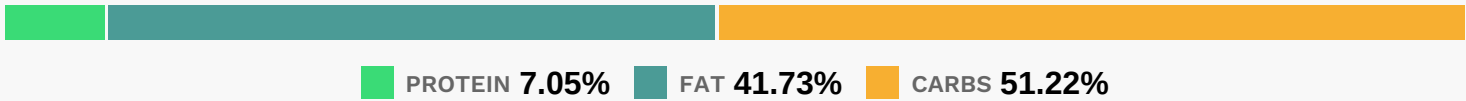
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ stove

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Heat a heavy-based oven roasting pan on top of the stove and toss in the vegetables and garlic.
- ☐ Sprinkle with the oil. Stir until they start to brown.
- ☐ Add the herbs, sprinkle over the vinegar and season well.
- ☐ Put the pan in the oven and roast for about 15 mins, then reduce the heat to 190C/fan 170C/gas 5 and continue cooking for another 30 mins or so, stirring 2 to 3 times until the beetroots are tender. If the vegetables start to burn, add a little more oil and vinegar to the pan.
- ☐ Serve as a vegetable dish scattered with toasted pine nuts or as a main course with baby goats cheese, cooked white beans and rocket.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:16.11, Inflammation Score:-8, Nutrition Score:18.118695632271%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 306.19kcal (15.31%), Fat: 14.62g (22.5%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 31.63g (11.5%), Sugar: 24.85g (27.61%), Cholesterol: 0mg (0%), Sodium: 212.22mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Folate: 308.85µg (77.21%), Manganese: 1.18mg (58.99%), Fiber: 8.75g (34.99%), Potassium: 1007.84mg (28.8%), Vitamin C: 22.11mg (26.8%), Vitamin K: 28µg (26.67%), Magnesium: 78.33mg (19.58%), Iron: 3.32mg (18.46%), Vitamin B6: 0.37mg (18.29%), Vitamin E: 2.5mg (16.65%), Vitamin A: 757.59IU (15.15%), Phosphorus: 139.79mg (13.98%), Copper: 0.27mg (13.67%), Calcium: 90.01mg (9%), Vitamin B1: 0.13mg (8.85%), Vitamin B2: 0.13mg (7.68%), Zinc: 1.08mg (7.18%), Vitamin B3: 1.08mg (5.41%), Vitamin B5: 0.53mg (5.29%), Selenium: 2.85µg (4.08%)