



Bietole al Forno: Roasted Beets with Asparagus

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 12 jumbo spears asparagus
- ☐ 4 tablespoons balsamic vinegar
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 cup frisee salad dry washed and spun
- ☐ 4 servings kosher salt
- ☐ 4 servings parmigiano-reggiano for shaving
- ☐ 5 large beets red

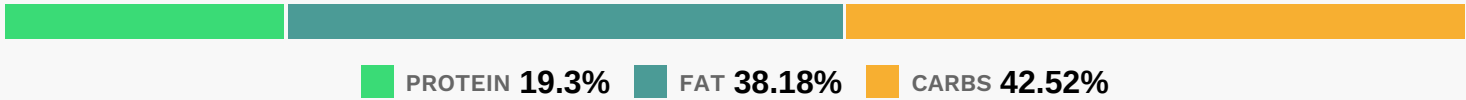
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450 degrees F
- ☐ Spread the kosher salt on a cookie sheet large enough to hold the beets and place the unpeeled beets on the salt.
- ☐ Place in the oven and cook for 45 minutes. Meanwhile, cut off the woody bottom inch of the asparagus and peel the last three inches of the bottom of the stalk and set aside. When the 45 minutes have passed open the oven door and carefully lay the asparagus around the beets on top of the salt. Return to oven and cook 15 minutes more.
- ☐ Remove from the oven and remove the asparagus to a platter.
- ☐ Drizzle with 2 tablespoons olive oil and sprinkle with a bit of the salt in the roasting pan. Allow the beets to cool 5 minutes and then peel them.
- ☐ Cut the peeled beets into 1/4-inch dice and place in a kitchen bowl. Dress the beets with the vinegar and remaining oil and season them with salt and pepper.
- ☐ Add the frisee to the beet bowl and toss to mix well. Arrange the beet and frisee mixture over the asparagus, shave shards of Parmigiano over and serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:16.61, Inflammation Score:-9, Nutrition Score:27.274348051652%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg

Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 352.23kcal (17.61%), Fat: 15.42g (23.73%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 27.62g (10.04%), Sugar: 26.61g (29.56%), Cholesterol: 20.4mg (6.8%), Sodium: 949.99mg (41.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.09%), Folate: 411.41µg (102.85%), Manganese: 1.28mg (63.78%), Vitamin K: 62.57µg (59.59%), Fiber: 11.03g (44.11%), Calcium: 438.13mg (43.81%), Phosphorus: 378.08mg (37.81%), Potassium: 1300.09mg (37.15%), Vitamin A: 1424.01IU (28.48%), Vitamin C: 22.35mg (27.09%), Magnesium: 103.79mg (25.95%), Iron: 4.26mg (23.68%), Copper: 0.4mg (19.83%), Vitamin B2: 0.32mg (18.58%), Zinc: 2.34mg (15.6%), Vitamin B6: 0.31mg (15.6%), Selenium: 10.27µg (14.67%), Vitamin E: 2.03mg (13.57%), Vitamin B1: 0.19mg (12.88%), Vitamin B5: 0.94mg (9.39%), Vitamin B3: 1.75mg (8.74%), Vitamin B12: 0.36µg (6%)