



## Golden Beet Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



247 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.3 pounds golden beets
- 0.3 cup olive oil divided
- 0.3 teaspoon salt
- 1 large shallots
- 2 thyme sprigs fresh

### Equipment

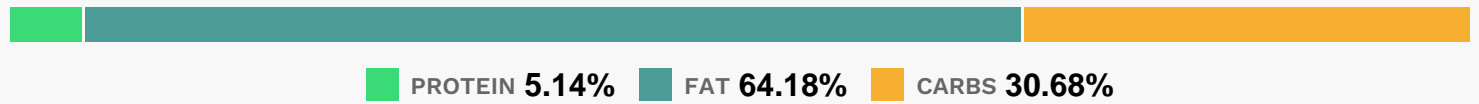
- bowl

- oven
- aluminum foil

## Directions

- Trim beets, leaving roots and 1-inch stems.
- Drizzle beets and shallot evenly with 2 tablespoons oil, and wrap individually in foil.
- Bake at 425 for 1 hour or until tender; cool. Trim stems and roots, and rub skins to remove. Finely chop beets, shallot, and thyme, and place in a medium bowl. Stir in remaining 2 tablespoons oil, salt, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:57, Glycemic Load:8.57, Inflammation Score:-8, Nutrition Score:10.582608850106%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 247.48kcal (12.37%), Fat: 18.35g (28.23%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 14.04g (5.11%), Sugar: 13.43g (14.93%), Cholesterol: 0mg (0%), Sodium: 342.66mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Folate: 209.17µg (52.29%), Manganese: 0.68mg (33.97%), Fiber: 5.69g (22.78%), Potassium: 648.57mg (18.53%), Vitamin E: 2.67mg (17.82%), Vitamin C: 10.99mg (13.33%), Magnesium: 46.58mg (11.64%), Vitamin K: 11.55µg (11%), Iron: 1.85mg (10.26%), Phosphorus: 81.57mg (8.16%), Vitamin B6: 0.16mg (7.91%), Copper: 0.16mg (7.76%), Vitamin B2: 0.08mg (4.75%), Zinc: 0.71mg (4.73%), Vitamin B1: 0.06mg (4.27%), Calcium: 37.06mg (3.71%), Vitamin B3: 0.66mg (3.31%), Vitamin B5: 0.32mg (3.22%), Selenium: 1.43µg (2.05%), Vitamin A: 95.29IU (1.91%)