



# Honey-Balsamic Glazed Roasted Beets & Carrots

 Vegetarian  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

## Ingredients

- 5 medium beets trimmed
- 2 tablespoons olive oil
- 4 large carrots peeled
- 0.5 teaspoon salt
- 3 tablespoons balsamic vinegar
- 2 tablespoons honey
- 0.3 teaspoon pepper black

- 2 tablespoons basil fresh thinly sliced

## Equipment

- bowl
- baking sheet
- oven
- knife
- aluminum foil
- microwave
- measuring cup
- cutting board

## Directions

- Heat oven to 400°F.
- Place 20x12-inch piece of heavy duty foil on work surface; place beets in center of foil, and drizzle with 1 tablespoon of the olive oil. Turn beets to coat in oil, then fold foil over beets, and tightly close foil to seal.
- Place foil-wrapped beets on rimmed baking sheet. Roast 1 hour to 1 hour 15 minutes or until very tender when pierced with paring knife. Carefully open foil, and transfer beets to cutting board. Reserve baking sheet.
- Let beets stand until cool enough to handle, about 15 minutes. Peel, then cut into wedges.
- Meanwhile, cut carrots crosswise into 3-inch pieces, then quarter or halve if thin. In medium bowl, mix carrots, remaining 1 tablespoon olive oil and 1/4 teaspoon of the salt.
- Place carrots on baking sheet. Roast 20 to 25 minutes, turning once, until tender and browned on edges.
- In small microwavable bowl or measuring cup, mix balsamic vinegar, honey and pepper. Microwave uncovered on High heat 2 to 3 minutes, checking every 30 seconds after 2 minutes, until mixture is boiling and slightly thickened.
- Transfer beets to serving platter, and sprinkle with remaining 1/4 teaspoon salt. Top with carrots.
- Drizzle vegetables with honey-balsamic glaze, then top with basil.

# Nutrition Facts

PROTEIN 7.14% FAT 28.67% CARBS 64.19%

## Properties

Glycemic Index:52.52, Glycemic Load:11.36, Inflammation Score:-10, Nutrition Score:13.432173951812%

## Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 150.53kcal (7.53%), Fat: 5.03g (7.74%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 19.99g (7.27%), Sugar: 18.8g (20.89%), Cholesterol: 0mg (0%), Sodium: 339.67mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin A: 8101.25IU (162.03%), Folate: 164.14µg (41.04%), Manganese: 0.57mg (28.48%), Fiber: 5.36g (21.43%), Potassium: 629.78mg (17.99%), Vitamin C: 9.93mg (12.03%), Vitamin K: 12.33µg (11.74%), Magnesium: 40.02mg (10%), Vitamin B6: 0.16mg (8.21%), Iron: 1.42mg (7.9%), Phosphorus: 75.77mg (7.58%), Vitamin E: 1.05mg (7.01%), Copper: 0.14mg (6.81%), Vitamin B2: 0.09mg (5.17%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 0.96mg (4.8%), Calcium: 42.8mg (4.28%), Zinc: 0.64mg (4.26%), Vitamin B5: 0.36mg (3.58%), Selenium: 1.1µg (1.57%)