



Honey-Balsamic Glazed Roasted Beets & Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 3 large beets trimmed
- 4 servings canola oil
- 4 large carrots peeled cut into 1-inch chunks
- 2 tablespoons maple syrup

Equipment

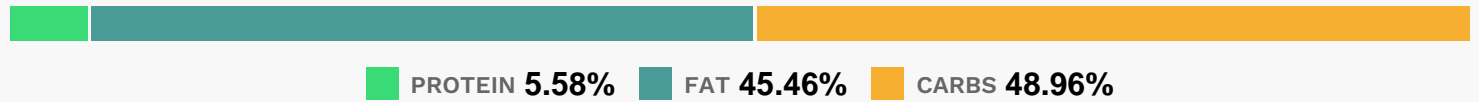
- frying pan

- oven
- baking pan
- aluminum foil

Directions

- Wrap the beets in foil and roast them in the oven at 350F for 1 1/2 hours. Set them aside until cool enough to handle.
- Meanwhile, peel and chop the carrots and toss with a drizzle of oil in a 15x10-inch baking pan. Roast for about 30 minutes, turning once or twice, until soft and carrots start to turn golden.
- Combine the balsamic vinegar and honey in a large skillet, add the carrots to the skillet along with any oil that has accumulated in the bottom of the pan.
- When the beets are cool enough to handle, peel them with your fingers. Slice beets into wedges and place in skillet with carrots.
- Heat vegetables over medium-high heat and cook until the glaze bubbles and thickens, coating the carrots and beets with a sticky glaze.
- Serve immediately, or cool and serve over a salad.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:18.771739161533%

Flavonoids

Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 278.56kcal (13.93%), Fat: 14.52g (22.34%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 27.45g (9.98%), Sugar: 24.99g (27.77%), Cholesterol: 0mg (0%), Sodium: 212.46mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin A: 12095.64IU (241.91%), Folate: 236.04µg (59.01%), Manganese: 1.02mg (50.99%), Fiber: 7.73g (30.91%), Potassium: 929.34mg (26.55%), Vitamin E: 3.01mg (20.05%), Vitamin K: 19.89µg (18.95%), Vitamin C: 14.24mg (17.27%), Magnesium: 59.1mg (14.77%), Vitamin

B2: 0.25mg (14.73%), Vitamin B6: 0.24mg (11.8%), Phosphorus: 109.08mg (10.91%), Iron: 1.95mg (10.81%), Copper: 0.19mg (9.43%), Vitamin B1: 0.12mg (7.82%), Calcium: 70.54mg (7.05%), Vitamin B3: 1.4mg (6.99%), Zinc: 0.97mg (6.44%), Vitamin B5: 0.51mg (5.13%), Selenium: 1.5µg (2.14%)