



Lemon and Garlic Roasted Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 1 pound beets--peeled halved sliced
- ☐ 4 medium garlic cloves thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 0.5 teaspoon olive oil
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.3 teaspoon sugar

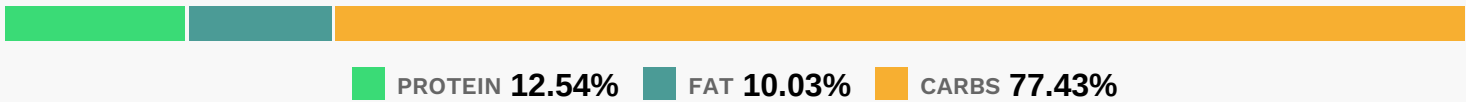
Equipment

- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 37
- ☐ In an 8-inch square nonreactive baking dish, toss the beets with the garlic, lemon juice, lemon zest, oil, and sugar. Season with salt and pepper and spread the beets in a single layer. Spray an 8-inch piece of parchment paper lightly with olive oil cooking spray and set it oiled-side down on the beets. Cover tightly with foil and roast, shaking the pan occasionally, for about 40 minutes, until the beets are tender.
- ☐ Serve the beets warm or hot.
- ☐ Make Ahead: The beets can be prepared up to 1 day ahead; cover and refrigerate. Rewarm before serving.
- ☐ Notes: ONE SERVING: Calories 217 kcal, Protein 9 gm, Carbohydrate 41 gm, Cholesterol 35 mg, Total Fat 6 gm, Saturated Fat .64 gm

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:3.9243478386298%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 40.22kcal (2.01%), Fat: 0.48g (0.75%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 6.23g (2.27%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 253.16mg (11.01%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Folate: 83.47µg (20.87%), Manganese: 0.28mg (14.16%), Fiber: 2.18g (8.73%), Vitamin C: 6.37mg (7.72%), Potassium: 259.05mg (7.4%), Magnesium: 18.21mg (4.55%), Vitamin B6: 0.08mg (3.89%), Iron: 0.65mg (3.59%), Phosphorus: 33.71mg (3.37%), Copper: 0.06mg (3.19%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.29mg (1.94%), Vitamin B1: 0.03mg (1.91%), Calcium: 16.25mg (1.63%), Vitamin B3: 0.27mg (1.36%), Vitamin B5: 0.14mg (1.36%), Selenium: 0.82µg (1.17%)