



Orange-Scented Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 8 cups beets with tops cubed peeled 1-inch
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons canola oil
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 tablespoons orange rind grated

Equipment

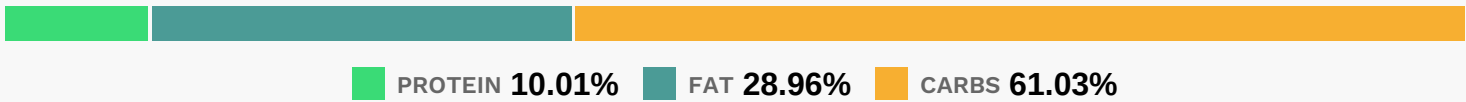
- ☐ oven

☐ roasting pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a roasting pan or jelly-roll pan; toss well to coat.
- ☐ Bake at 375 for 45 minutes or until tender, stirring occasionally. Stir in vinegar and salt.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:8.01, Inflammation Score:-5, Nutrition Score:8.8726087134817%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 3.82g (5.87%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 12.82g (4.66%), Sugar: 12.51g (13.9%), Cholesterol: 0mg (0%), Sodium: 432.59mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Folate: 198.13µg (49.53%), Manganese: 0.62mg (31.04%), Fiber: 5.28g (21.11%), Potassium: 596.66mg (17.05%), Vitamin C: 10.93mg (13.24%), Magnesium: 42.53mg (10.63%), Iron: 1.49mg (8.3%), Phosphorus: 73.43mg (7.34%), Copper: 0.14mg (7.01%), Vitamin B6: 0.12mg (6.23%), Vitamin E: 0.69mg (4.6%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.64mg (4.28%), Vitamin B1: 0.06mg (3.88%), Calcium: 32.8mg (3.28%), Vitamin B3: 0.62mg (3.11%), Vitamin K: 3.13µg (2.98%), Vitamin B5: 0.29mg (2.91%), Selenium: 1.29µg (1.85%), Vitamin A: 67.05IU (1.34%)