



Oven Roasted Bacon & Beets

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 2 lb beets trimmed peeled quartered (10 small)
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1.5 lb onions red peeled quartered

Equipment

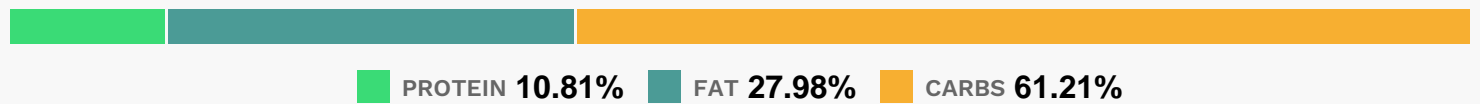
- bowl
- baking sheet
- oven

aluminum foil

Directions

- Heat oven to 425F.
- Place vegetables in foil-lined rimmed baking sheet sprayed with cooking spray.
- Bake 45 to 50 min. or until tender.
- Remove from oven; cool slightly.
- Transfer vegetables to large bowl.
- Add dressing; toss to coat. Top with bacon.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:4.2156521146712%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 65.78kcal (3.29%), Fat: 2.14g (3.29%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.07g (2.93%), Sugar: 6.43g (7.15%), Cholesterol: 1.94mg (0.65%), Sodium: 107.3mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Folate: 74.54µg (18.64%), Manganese: 0.26mg (12.95%), Fiber: 2.46g (9.86%), Potassium: 271.88mg (7.77%), Vitamin C: 6.34mg (7.68%), Vitamin B6: 0.11mg (5.26%), Magnesium: 18.99mg (4.75%), Phosphorus: 42.16mg (4.22%), Iron: 0.6mg (3.34%), Copper: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.23%), Vitamin K: 2.5µg (2.38%), Vitamin B2: 0.04mg (2.28%), Zinc: 0.33mg (2.17%), Calcium: 20.77mg (2.08%), Vitamin B3: 0.38mg (1.89%), Selenium: 1.32µg (1.88%), Vitamin B5: 0.17mg (1.66%)