



Purple Beet, Carrot, and Onion Medley

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 3 beets sliced
- 3 large purple carrots sliced
- 4 servings coarse salt to taste
- 4 servings ground pepper black to taste
- 1 cup onion red sliced

Equipment

- oven

casserole dish

aluminum foil

Directions

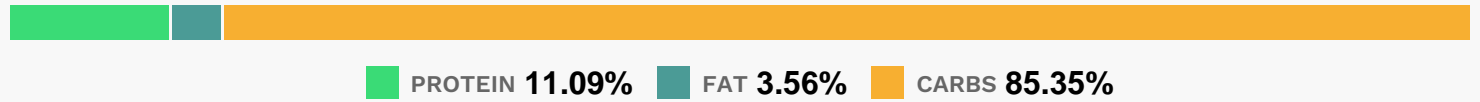
Preheat oven to 400 degrees F (200 degrees C).

Combine beets, carrots, and onion in a casserole dish.

Pour vinegar over vegetable mixture; season with salt and pepper. Cover dish with aluminum foil.

Bake in the preheated oven until vegetables are tender, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:10.489565268807%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 67.2kcal (3.36%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 11.02g (4.01%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 281.2mg (12.23%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin A: 9042.88IU (180.86%), Folate: 84.91µg (21.23%), Manganese: 0.37mg (18.62%), Fiber: 3.94g (15.76%), Potassium: 440.66mg (12.59%), Vitamin C: 9.16mg (11.1%), Vitamin B6: 0.16mg (8.2%), Vitamin K: 7.57µg (7.21%), Magnesium: 25.36mg (6.34%), Phosphorus: 56.16mg (5.62%), Vitamin B1: 0.07mg (4.88%), Copper: 0.09mg (4.42%), Iron: 0.77mg (4.29%), Vitamin B2: 0.07mg (3.94%), Vitamin B3: 0.78mg (3.92%), Calcium: 38.21mg (3.82%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.42mg (2.79%), Vitamin E: 0.39mg (2.6%)