



Roasted Baby Beets

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

Ingredients

- 2 pounds baby beets
- 4 tablespoons butter cut into pieces
- 2 tablespoons cider vinegar
- 6 servings toppings: hazelnuts fresh crumbled chopped coarsely chopped
- 0.3 cup honey
- 1 tablespoon olive oil
- 3 parsley sprigs fresh
- 0.1 teaspoon pepper

- 0.1 teaspoon salt
- 3 thyme sprigs fresh
- 1 cup vegetable broth

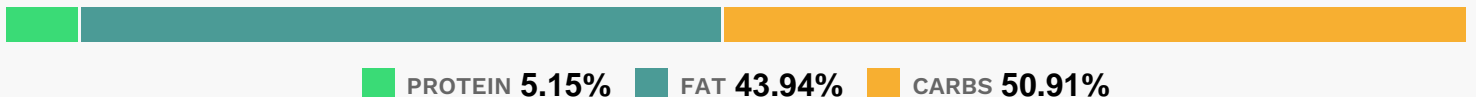
Equipment

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 35
- Remove tops and ends of beets; wash beets, and place in an 11- x 7-inch baking dish. Dot with butter. Stir together broth and next 6 ingredients; pour over beets. Cover tightly with aluminum foil.
- Bake 1 hour and 15 minutes or until tender.
- Remove beets, reserving 1/4 cup pan juices. Cool beets 15 minutes; peel and quarter.
- Cook beets in hot oil in a large skillet over medium heat, stirring often, 3 to 4 minutes or until lightly browned.
- Pour reserved pan juices over beets; increase heat to medium-high. Cook 2 to 3 minutes or until liquid is reduced to about 1 Tbsp.
- Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:64.55, Glycemic Load:12.9, Inflammation Score:-7, Nutrition Score:8.349565156533%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 201.04kcal (10.05%), Fat: 10.3g (15.85%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 22.5g (8.18%), Sugar: 22.18g (24.65%), Cholesterol: 20.58mg (6.86%), Sodium: 385.1mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Folate: 166.48µg (41.62%), Manganese: 0.54mg (26.8%), Fiber: 4.36g (17.44%), Potassium: 512.08mg (14.63%), Vitamin C: 8.94mg (10.84%), Vitamin K: 10.64µg (10.13%), Magnesium: 36.73mg (9.18%), Vitamin A: 437.11IU (8.74%), Iron: 1.42mg (7.89%), Phosphorus: 66.15mg (6.61%), Copper: 0.12mg (6.16%), Vitamin B6: 0.11mg (5.39%), Vitamin B2: 0.07mg (4.35%), Vitamin E: 0.62mg (4.12%), Zinc: 0.6mg (3.98%), Calcium: 32.65mg (3.27%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.54mg (2.72%), Vitamin B5: 0.26mg (2.61%), Selenium: 1.42µg (2.02%)