



Roasted Baby Beets



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 30 baby beets rinsed trimmed unpeeled (each)
- ☐ 1.5 tablespoons butter
- ☐ 0.3 cup olive oil
- ☐ 4 large rosemary leaves fresh for garnish

Equipment

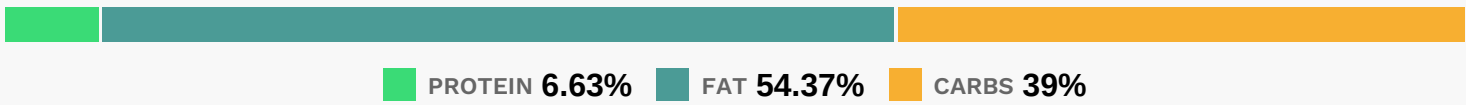
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place beets in roasting pan.
- ☐ Add 4 rosemary sprigs and enough water to barely cover beets. Cover pan tightly with foil. Roast beets until tender, about 50 minutes.
- ☐ Transfer beets to work surface. Peel while still warm; place on rimmed baking sheet. (Can be made 1 day ahead. Cover; chill.)
- ☐ Preheat oven to 350°F. Melt butter with oil in small saucepan.
- ☐ Pour over beets on sheet; toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until heated through, stirring occasionally, about 20 minutes.
- ☐ Transfer to bowl.
- ☐ Garnish with additional rosemary sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:5.32, Inflammation Score:-4, Nutrition Score:6.1373913208752%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 116.21kcal (5.81%), Fat: 7.34g (11.29%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 8.34g (3.03%), Sugar: 8.32g (9.24%), Cholesterol: 4.51mg (1.51%), Sodium: 109.65mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Folate: 134.57µg (33.64%), Manganese: 0.41mg (20.43%), Fiber: 3.5g (14%), Potassium: 402.98mg (11.51%), Vitamin C: 6.11mg (7.41%), Magnesium: 28.7mg (7.17%), Vitamin E: 0.88mg (5.84%), Iron: 1.04mg (5.78%), Phosphorus: 49.97mg (5%), Copper: 0.09mg (4.67%), Vitamin B6: 0.08mg (4.19%), Vitamin K: 3.64µg (3.47%), Vitamin B2: 0.05mg (2.97%), Zinc: 0.44mg (2.91%), Vitamin B1: 0.04mg (2.56%), Calcium: 21.51mg (2.15%), Vitamin A: 104.76IU (2.1%), Vitamin B3: 0.42mg (2.08%), Vitamin B5: 0.2mg (1.96%), Selenium: 0.88µg (1.26%)