



Roasted Beet Salsa

 Vegetarian  Vegan  Dairy Free

READY IN



74 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ginger tea bags reynolds®
- 1 tablespoon flour
- 1 tablespoon olive oil
- 3 beets fresh medium to large
- 0.5 cup celery stalks
- 2 tablespoons olive oil
- 1.5 tablespoons red wine vinegar
- 2 tablespoons cilantro leaves chopped

- 2 spring onion sliced
- 1 garlic clove minced
- 1.5 teaspoons sugar
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

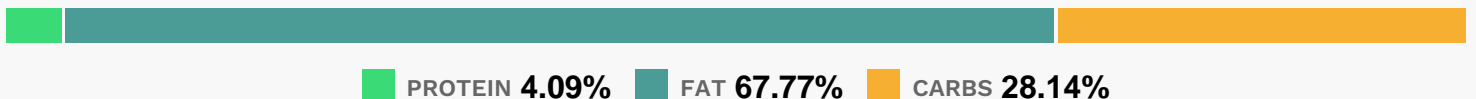
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400°F.
- Place Reynolds® Oven Bag in 13x9x2-inch pan. Spray inside of bag with cooking spray.
- Add flour and olive to oven bag; gently squeeze bag to mix ingredients.
- Remove beet greens, leaving 2-inch stems and skin on beets. Wash beets; place in oven bag.
- Close bag with nylon tie.
- Cut six 1/2-inch slits in bag near tie. Tuck ends of bag in pan.
- Bake 45 to 55 minutes or until beets are tender when pierced with a fork.
- Let stand 10 minutes. Carefully cut bag open and let beets cool slightly. When cool enough to handle, remove skin from beets.
- Cut beets into 1/2 -inch cubes; place in small bowl. Stir in remaining ingredients. Refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:91.77, Glycemic Load:4.98, Inflammation Score:-4, Nutrition Score:5.4356522041818%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 138.1kcal (6.9%), Fat: 10.67g (16.41%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 7.79g (2.83%), Sugar: 5.98g (6.64%), Cholesterol: 0mg (0%), Sodium: 350.67mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 23.41µg (22.29%), Folate: 79.02µg (19.75%), Manganese: 0.27mg (13.52%), Vitamin E: 1.61mg (10.74%), Fiber: 2.18g (8.73%), Potassium: 259.37mg (7.41%), Vitamin C: 4.85mg (5.88%), Iron: 0.81mg (4.49%), Magnesium: 17.83mg (4.46%), Phosphorus: 33.77mg (3.38%), Vitamin B6: 0.06mg (3.25%), Copper: 0.06mg (3.17%), Vitamin A: 151.05IU (3.02%), Vitamin B2: 0.05mg (2.8%), Vitamin B1: 0.04mg (2.77%), Calcium: 22.17mg (2.22%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.28mg (1.88%), Selenium: 1.28µg (1.82%), Vitamin B5: 0.15mg (1.46%)