



## Roasted Beet Salsa

 Vegetarian  Vegan  Dairy Free

READY IN



74 min.

SERVINGS



4

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 beets fresh medium to large
- 0.5 cup carrots
- 2 tablespoons cilantro leaves chopped
- 1 tablespoon flour
- 1 garlic clove minced
- 2 spring onion sliced
- 1 tablespoon olive oil
- 2 tablespoons olive oil

- 0.3 teaspoon pepper
- 1.5 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1.5 teaspoons sugar
- 1 ginger tea bags reynolds®

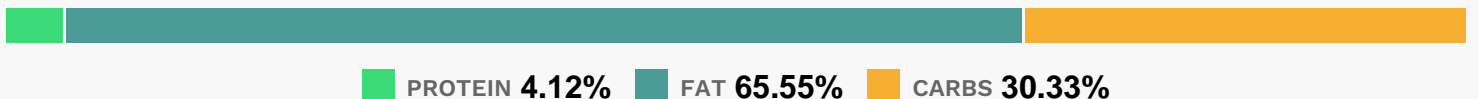
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 400F.
- 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:95.48, Glycemic Load:5.43, Inflammation Score:-9, Nutrition Score:7.8873912925306%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## **Nutrients (% of daily need)**

Calories: 142.89kcal (7.14%), Fat: 10.69g (16.44%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 8.7g (3.16%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 351.61mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin A: 2767.32IU (55.35%), Vitamin K: 21.82µg (20.78%), Folate: 77.51µg (19.38%), Manganese: 0.28mg (14.02%), Vitamin E: 1.68mg (11.22%), Fiber: 2.43g (9.72%), Potassium: 277.74mg (7.94%), Vitamin C: 5.4mg (6.55%), Iron: 0.83mg (4.62%), Magnesium: 18.36mg (4.59%), Vitamin B6: 0.08mg (3.89%), Phosphorus: 36.34mg (3.63%), Copper: 0.07mg (3.31%), Vitamin B1: 0.05mg (3.29%), Vitamin B2: 0.05mg (2.92%), Vitamin B3: 0.51mg (2.57%), Calcium: 22.4mg (2.24%), Zinc: 0.3mg (2.03%), Selenium: 1.24µg (1.77%), Vitamin B5: 0.16mg (1.59%)