



Roasted Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 lb beets green scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon salt

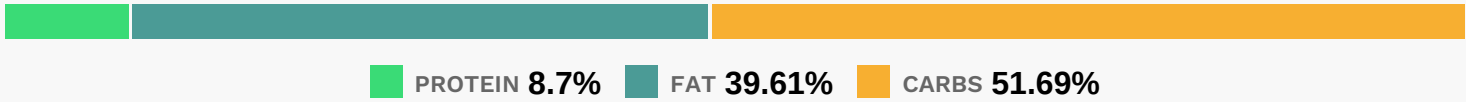
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400F. Line roasting pan with foil.
- ☐ Place beets in pan. Rub oil and salt over beets. Cover beets tightly with another sheet of foil.
- ☐ Roast 1 hour or until beets are tender when pierced with fork. If not tender, roast 30 to 60 minutes longer. Cool 15 minutes.
- ☐ With gloves on, peel off outer beet skins.
- ☐ Cut beets into slices or quarters.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:7.2426087545312%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 106.27kcal (5.31%), Fat: 4.92g (7.57%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 10.22g (3.72%), Sugar: 10.22g (11.36%), Cholesterol: 0mg (0%), Sodium: 1280.77mg (55.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Folate: 164.81µg (41.2%), Manganese: 0.5mg (25.02%), Fiber: 4.23g (16.93%), Potassium: 491.68mg (14.05%), Vitamin C: 7.41mg (8.98%), Magnesium: 34.81mg (8.7%), Iron: 1.25mg (6.92%), Phosphorus: 60.48mg (6.05%), Copper: 0.11mg (5.71%), Vitamin B6: 0.1mg (5.07%), Vitamin E: 0.73mg (4.88%), Vitamin B2: 0.06mg (3.56%), Zinc: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.12%), Vitamin K: 3.11µg (2.96%), Vitamin B3: 0.5mg (2.52%), Calcium: 24.96mg (2.5%), Vitamin B5: 0.23mg (2.34%), Selenium: 1.06µg (1.52%)