



Roasted Beets and Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



35 kcal

SIDE DISH

Ingredients

☐ 12 beets mixed red trimmed (preferably and golden; 4 lb)

☐ 1 inch onion white red boiling

Equipment

☐ oven

☐ pot

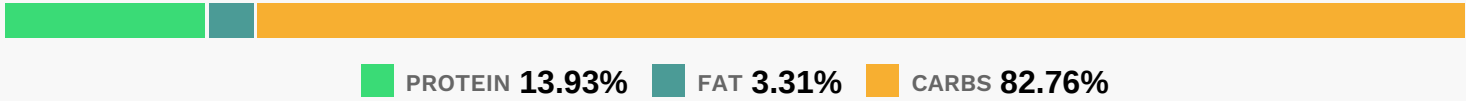
☐ aluminum foil

☐ ziploc bags

Directions

- ☐ Preheat oven to 475°F.
- ☐ Blanch onions in a large pot of boiling water 1 minute, then drain. Trim and peel.
- ☐ Tightly wrap onions and beets in double layers of foil to make 5 packages (2 of onions and 3 of beets) and roast until tender, 30 to 40 minutes for onions and about 1 hour for beets.
- ☐ When beets and onions are cool enough to handle, discard foil. Slip off skins and stems from beets and cut into wedges.
- ☐ •Beets and onions may be roasted 1 day ahead. Cool, then chill separately in sealed plastic bags. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:3.55, Inflammation Score:-3, Nutrition Score:3.7530434753584%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 35.34kcal (1.77%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.56g (2.02%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 63.97mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Folate: 89.42µg (22.36%), Manganese: 0.27mg (13.5%), Fiber: 2.3g (9.2%), Potassium: 266.81mg (7.62%), Vitamin C: 4.03mg (4.89%), Magnesium: 18.88mg (4.72%), Iron: 0.66mg (3.65%), Phosphorus: 32.86mg (3.29%), Copper: 0.06mg (3.08%), Vitamin B6: 0.06mg (2.76%), Vitamin B2: 0.03mg (1.93%), Zinc: 0.29mg (1.92%), Vitamin B1: 0.03mg (1.7%), Vitamin B3: 0.27mg (1.37%), Calcium: 13.17mg (1.32%), Vitamin B5: 0.13mg (1.27%)