



## Roasted Beets and Oranges with Herb Butter

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 1 lb beets peeled cut into 1-inch pieces
- 1 small cranberry-orange relish halved thinly sliced
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 3 tablespoons butter
- 1 tablespoon parsley fresh italian chopped (flat-leaf)
- 1 tablespoon rosemary leaves fresh chopped

- 2 tablespoons orange juice

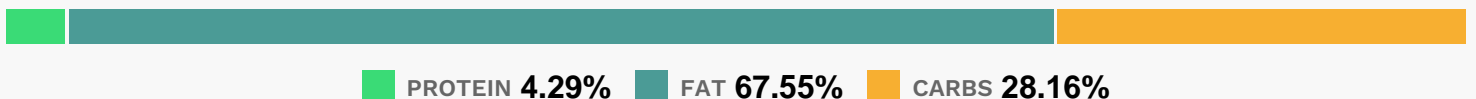
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- aluminum foil
- tongs

## Directions

- Heat oven to 400°F.
- Cut 18x12-inch sheet of heavy-duty foil; spray foil with cooking spray. In large bowl, toss beets, orange slices, oil, salt and pepper. Spoon mixture in center of foil. Bring up 2 sides of foil over mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion.
- Place packet on cookie sheet.
- Roast 45 minutes. Carefully unfold foil with tongs; roast 10 minutes longer or until beets are tender and browned.
- In 12-inch skillet, melt butter over medium-high heat. Stir in parsley, rosemary and orange juice with whisk; cook 1 to 2 minutes or until slightly thickened.
- Remove beets and oranges from foil and add to skillet; cook and stir until coated with butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:68.13, Glycemic Load:6.34, Inflammation Score:-6, Nutrition Score:8.7573912480603%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 7.56mg, Hesperetin: 7.56mg, Hesperetin: 7.56mg, Hesperetin: 7.56mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

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

Calories: 202.36kcal (10.12%), Fat: 15.8g (24.3%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 10.91g (3.97%), Sugar: 10.64g (11.82%), Cholesterol: 22.58mg (7.53%), Sodium: 302.25mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Folate: 135.76µg (33.94%), Vitamin C: 24.01mg (29.11%), Vitamin K: 21.79µg (20.75%), Manganese: 0.4mg (20.15%), Fiber: 3.9g (15.61%), Potassium: 442.15mg (12.63%), Vitamin A: 470.36IU (9.41%), Vitamin E: 1.35mg (9.02%), Magnesium: 30.8mg (7.7%), Iron: 1.1mg (6.1%), Phosphorus: 53.79mg (5.38%), Copper: 0.1mg (5.22%), Vitamin B6: 0.1mg (4.85%), Vitamin B1: 0.07mg (4.36%), Vitamin B2: 0.06mg (3.71%), Calcium: 34.88mg (3.49%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.27mg (2.73%), Vitamin B3: 0.5mg (2.52%), Selenium: 1.03µg (1.48%)