



Roasted Beets And Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1.3 pounds beets peeled cut into 1-inch cubes 3
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 1 large sweet potatoes and into peeled cut into 1-inch cubes

Equipment

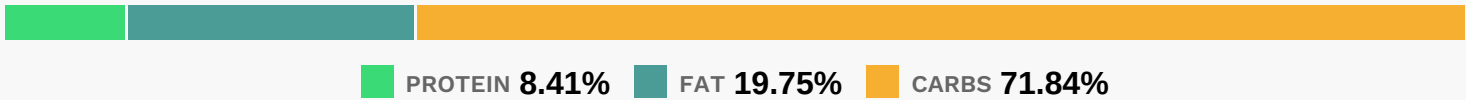
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add beets and sweet potato, stirring well.
- ☐ Line a baking sheet with foil; coat foil with cooking spray.
- ☐ Place vegetable mixture in a single layer on prepared pan.
- ☐ Bake 35 minutes or until potato is tender, stirring after 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:14.790869546973%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 166.64kcal (8.33%), Fat: 3.78g (5.82%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 24.45g (8.89%), Sugar: 13.42g (14.91%), Cholesterol: 0mg (0%), Sodium: 230.49mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 12105.73IU (242.11%), Folate: 163.85µg (40.96%), Manganese: 0.69mg (34.41%), Fiber: 6.52g (26.08%), Potassium: 749.28mg (21.41%), Vitamin B6: 0.27mg (13.63%), Magnesium: 54.08mg (13.52%), Copper: 0.24mg (11.76%), Vitamin C: 8.99mg (10.89%), Phosphorus: 97.01mg (9.7%), Iron: 1.69mg (9.37%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.11mg (7.35%), Vitamin B2: 0.11mg (6.39%), Vitamin E: 0.78mg (5.21%), Zinc: 0.75mg (5.02%), Calcium: 48.77mg (4.88%), Vitamin B3: 0.95mg (4.73%), Vitamin K: 3.92µg (3.73%), Selenium: 1.5µg (2.15%)