



Roasted Beets 'n' Sweets



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 6 medium beets peeled cut into chunks
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 teaspoon sugar
- ☐ 1 large onion sweet chopped
- ☐ 3 medium sweet potatoes cut into chunks

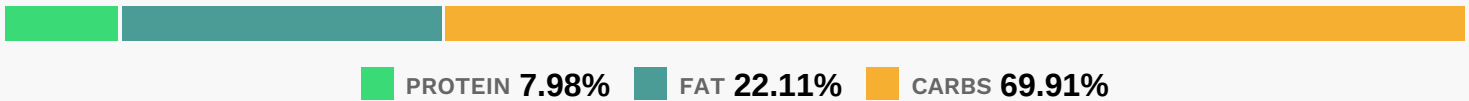
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a bowl, toss the beets with 1/2 tablespoon olive oil to coat.
- ☐ Spread in a single layer on a baking sheet.
- ☐ Mix the remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag.
- ☐ Place the sweet potatoes and onion in the bag. Seal bag, and shake to coat vegetables with the oil mixture.
- ☐ Bake beets 15 minutes in the preheated oven.
- ☐ Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:38.18, Glycemic Load:19.1, Inflammation Score:-10, Nutrition Score:18.871304315069%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 244.56kcal (12.23%), Fat: 6.24g (9.6%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 35.62g (12.95%), Sugar: 19.66g (21.85%), Cholesterol: 0mg (0%), Sodium: 587.23mg (25.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 16089.79IU (321.8%), Folate: 210.71µg (52.68%), Manganese: 0.94mg (47.06%), Fiber: 8.78g (35.1%), Potassium: 1009.51mg (28.84%), Vitamin B6: 0.43mg (21.55%), Magnesium: 73.28mg (18.32%), Copper: 0.34mg (16.82%), Vitamin C: 13.7mg (16.6%), Phosphorus: 138.6mg (13.86%), Iron: 2.29mg (12.72%), Vitamin B5: 1.23mg (12.3%), Vitamin B1: 0.17mg (11.07%), Vitamin B2: 0.15mg (8.79%), Vitamin E: 1.22mg (8.13%), Calcium: 74.31mg (7.43%), Zinc: 1.03mg (6.84%), Vitamin B3: 1.28mg (6.39%), Vitamin K: 6.6µg (6.28%), Selenium: 2.28µg (3.26%)