



Roasted Beets with Balsamic and Olive Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 2 lb beets ()
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons basil fresh chopped
- 1 tablespoon balsamic vinegar

Equipment

- bowl

frying pan

oven

Directions

Heat oven to 425°F.

Cut off all but 2 inches of beet tops. Wash beets; leave whole with root ends attached.

Place beets in ungreased 13x9-inch pan.

Sprinkle with salt and pepper.

Drizzle with oil.

Roast uncovered about 40 minutes or until beets are tender.

Let beets cool until easy to handle, about 30 minutes. Peel beets and cut off root ends; cut beets into 1/2-inch slices.

In medium bowl, toss beets, basil and vinegar.

Serve warm or at room temperature.

Nutrition Facts

 **PROTEIN 8.68%**  **FAT 38.86%**  **CARBS 52.46%**

Properties

Glycemic Index:36, Glycemic Load:6.78, Inflammation Score:-5, Nutrition Score:7.5117391088735%

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: 108.98kcal (5.45%), Fat: 4.93g (7.59%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 10.71g (3.9%), Sugar: 10.62g (11.8%), Cholesterol: 0mg (0%), Sodium: 312.47mg (13.59%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Folate: 165.27µg (41.32%), Manganese: 0.52mg (25.99%), Fiber: 4.27g (17.06%), Potassium: 497.54mg (14.22%), Vitamin C: 7.53mg (9.13%), Magnesium: 35.67mg (8.92%), Iron: 1.29mg (7.14%), Phosphorus: 61.49mg (6.15%), Copper: 0.12mg (5.9%), Vitamin K: 6.01µg (5.73%), Vitamin B6: 0.1mg (5.13%), Vitamin E: 0.74mg (4.92%), Vitamin B2: 0.06mg (3.6%), Zinc: 0.54mg (3.59%), Vitamin B1: 0.05mg (3.15%), Calcium: 26.63mg (2.66%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.24mg (2.37%), Vitamin A: 85.52IU (1.71%), Selenium: 1.07µg (1.52%)