



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

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

Equipment

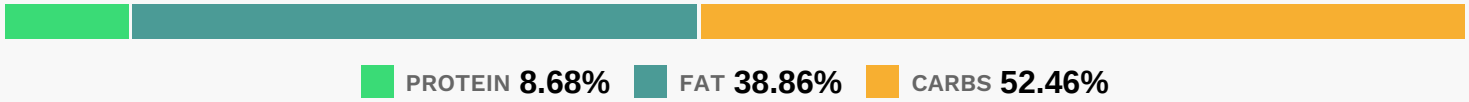
- ☐ bowl

- ☐ 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



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%)