



Roasted Beets with Cumin and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 3 medium beets trimmed ()
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon cumin seeds crushed toasted
- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt

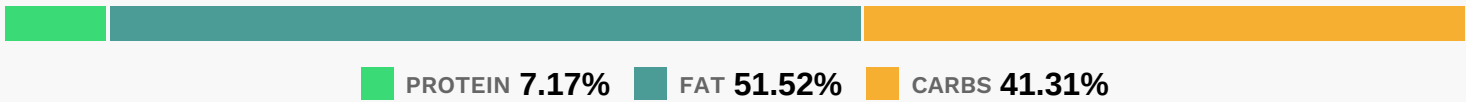
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together lemon juice, cumin seeds, salt, and pepper in a medium bowl. Stir in oil and let stand while roasting beets.
- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Tightly wrap beets in a double layer of foil and roast on a baking sheet until tender, 1 to 1 1/4 hours. Cool to warm in foil package, about 20 minutes.
- ☐ When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch-wide wedges.
- ☐ Toss warm beets with dressing. Stir in mint just before serving.
- ☐ Beets can be roasted and tossed with dressing 4 hours ahead, then kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:3.69, Inflammation Score:-4, Nutrition Score:4.9239130175632%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 81.56kcal (4.08%), Fat: 4.92g (7.57%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.23g (2.26%), Sugar: 5.82g (6.46%), Cholesterol: 0mg (0%), Sodium: 261.56mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Folate: 96.05µg (24.01%), Manganese: 0.33mg (16.58%),

Fiber: 2.64g (10.57%), Potassium: 300.2mg (8.58%), Vitamin C: 5.95mg (7.22%), Iron: 1.07mg (5.92%), Magnesium: 23.07mg (5.77%), Vitamin E: 0.72mg (4.81%), Copper: 0.08mg (3.83%), Phosphorus: 37.82mg (3.78%), Vitamin B6: 0.06mg (3.15%), Vitamin K: 3.13µg (2.98%), Vitamin A: 139.09IU (2.78%), Vitamin B2: 0.04mg (2.49%), Calcium: 23.46mg (2.35%), Zinc: 0.34mg (2.29%), Vitamin B1: 0.03mg (2.08%), Vitamin B3: 0.34mg (1.73%), Vitamin B5: 0.14mg (1.45%)