



Roasted Beets with Jalapeño Cream

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 16 boston lettuce leaves
- ☐ 1 pound golden beets
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 jalapeno finely chopped
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 pound beets red
- ☐ 0.3 teaspoon salt

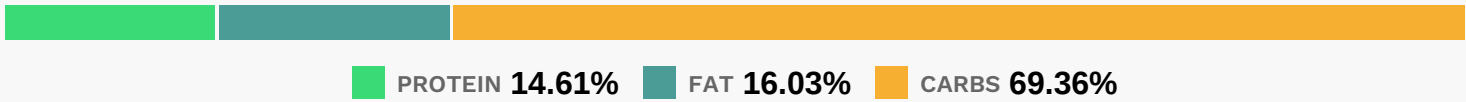
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Remove stems and roots from beets; wrap beets in foil.
- ☐ Bake at 450 for 45 minutes or until tender. Cool beets slightly; peel and cut into 1-inch wedges.
- ☐ Combine sour cream, onions, salt, and jalapeo in a small bowl. Divide lettuce leaves among 8 plates; top evenly with beets and jalapeo mixture.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:4.97, Inflammation Score:-8, Nutrition Score:9.3126085867052%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 67.2kcal (3.36%), Fat: 1.29g (1.98%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 8.9g (3.24%), Sugar: 8.11g (9.02%), Cholesterol: 3.35mg (1.12%), Sodium: 171.13mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Folate: 149.03µg (37.26%), Vitamin K: 37.76µg (35.96%), Vitamin A: 1112.48IU (22.25%), Manganese: 0.43mg (21.68%), Fiber: 3.64g (14.54%), Potassium: 473.24mg (13.52%), Vitamin C: 9.42mg (11.41%), Magnesium: 31.83mg (7.96%), Iron: 1.34mg (7.43%), Phosphorus: 63.67mg (6.37%), Vitamin B6: 0.11mg (5.59%), Copper: 0.09mg (4.74%), Vitamin B2: 0.08mg (4.66%), Calcium: 44.66mg (4.47%), Vitamin B1: 0.06mg (3.9%), Zinc: 0.52mg (3.46%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.23mg (2.29%), Selenium: 1.3µg (1.85%), Vitamin E: 0.21mg (1.39%)