



## Roasted Beets with Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

### Ingredients



6 tablespoons orange juice



8 servings bell pepper



2.5 pounds beets red rinsed trimmed for another use (including tops) (each 2 to 3 in. wide; see notes)



1 teaspoon salt



2 tablespoons shallots minced



3 tablespoons citrus champagne vinegar

### Equipment



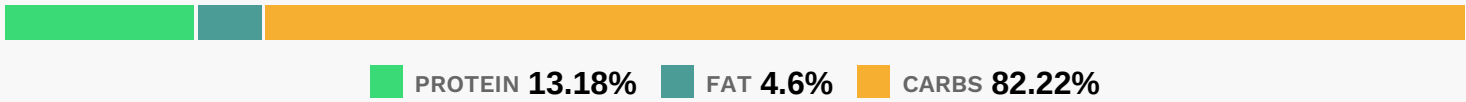
bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Place beets in a 9- by 13-inch baking pan.
- ☐ Add 1/2 inch water. Cover tightly with foil and bake in a 375 regular or convection oven until tender when pierced, 45 to 60 minutes. When cool enough to handle, peel and cut into 1/2-inch wedges.
- ☐ Meanwhile, in a bowl, combine orange juice, vinegar, shallots, salt, and pepper to taste.
- ☐ Add the warm beets and stir to coat.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:7.85, Inflammation Score:-9, Nutrition Score:15.751739185789%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 88.93kcal (4.45%), Fat: 0.49g (0.76%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 14.17g (5.15%), Sugar: 13.98g (15.53%), Cholesterol: 0mg (0%), Sodium: 405.11mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Vitamin C: 108.91mg (132.01%), Folate: 193.45µg (48.36%), Vitamin A: 2404.97IU (48.1%), Manganese: 0.56mg (28.11%), Fiber: 5.64g (22.56%), Potassium: 653.98mg (18.69%), Vitamin B6: 0.33mg (16.27%), Magnesium: 43.7mg (10.93%), Iron: 1.54mg (8.54%), Vitamin E: 1.24mg (8.27%), Phosphorus: 80.19mg (8.02%), Vitamin B2: 0.12mg (7.31%), Vitamin B1: 0.1mg (6.48%), Copper: 0.13mg (6.38%), Vitamin B3: 1.26mg (6.29%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.7mg (4.67%), Vitamin K: 3.97µg (3.78%), Calcium: 30.74mg (3.07%), Selenium: 1.11µg (1.59%)