



Roasted Beets with Pine Nuts, Dill, and Red Onion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 pounds golden beets
- ☐ 1 cup thinly onion red vertically sliced (1 small)
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

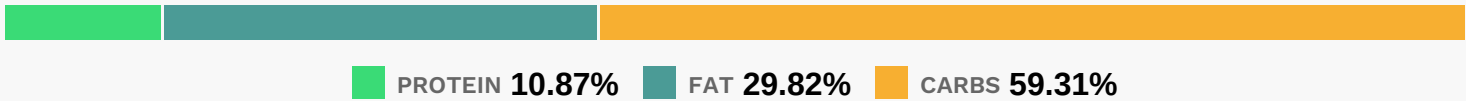
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Leave root and 1 inch of stem on beets; scrub with a brush.
- ☐ Place beets in a 13 x 9–inch baking dish; add 1/2 cup water to dish. Cover and bake at 450 for 40 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain; cool. Trim off beet roots; rub off skins. Slice each beet into 8 wedges.
- ☐ Combine beets, onion, and remaining ingredients in a bowl, stirring gently.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:5.33, Inflammation Score:-4, Nutrition Score:6.82304351744444%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 83.32kcal (4.17%), Fat: 2.93g (4.5%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 9.47g (3.44%), Sugar: 8.6g (9.56%), Cholesterol: 0mg (0%), Sodium: 235.75mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Folate: 128.34µg (32.08%), Manganese: 0.63mg (31.48%),

Fiber: 3.62g (14.5%), Potassium: 415.37mg (11.87%), Magnesium: 34.79mg (8.7%), Vitamin C: 7.12mg (8.63%), Phosphorus: 65.97mg (6.6%), Copper: 0.13mg (6.48%), Iron: 1.12mg (6.23%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.6mg (3.98%), Vitamin B1: 0.05mg (3.57%), Vitamin B2: 0.06mg (3.33%), Vitamin E: 0.43mg (2.85%), Vitamin B3: 0.51mg (2.57%), Calcium: 24.29mg (2.43%), Vitamin K: 2.36µg (2.25%), Vitamin B5: 0.21mg (2.09%), Selenium: 0.91µg (1.31%)