



WHATSheATE



HEALTH SCORE

80%

Roasted Beets with Tahini and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 3 cups baby spinach
- ☐ 6 beets medium to large
- ☐ 0.3 cup juice of lemon freshly squeezed to taste ()
- ☐ 6 tbsp pinenuts lightly toasted
- ☐ 0.5 tsp salt
- ☐ 1 cup tahini light room temperature (made from colored seeds)
- ☐ 0.8 cup water lukewarm for consistency

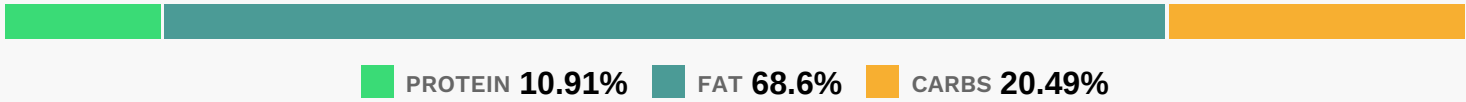
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers
- ☐ tongs

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Roasted Beets with Tahini and Pine Nuts
- ☐ Ingredients6 medium to large beets, any color, roasted
- ☐ Nonstick cooking oil spray1 cup tahini sesame seed paste (made from light colored seeds), room temperature3/4 cup lukewarm water, or more for consistency1/4 cup freshly squeezed lemon juice (or more to taste)Heaping 1/2 tsp salt3 cups spring greens, baby kale or baby spinach6 tbsp pine nuts, lightly toasted in a skillet
- ☐ You will also need9x13 baking dish, aluminum foil, wooden skewer, tongs, food processor or blender, 6 salad plates
- ☐ Total Time: 10 Minutes
- ☐ Servings: 6 servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.62, Inflammation Score:-9, Nutrition Score:22.926521632982%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 345.05kcal (17.25%), Fat: 28.27g (43.49%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 14.09g (5.12%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 285.38mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.23%), Vitamin K: 78µg (74.29%), Manganese: 1.29mg (64.31%), Vitamin B1: 0.71mg (47.46%), Copper: 0.86mg (43.18%), Phosphorus: 414.46mg (41.45%), Folate: 163.11µg (40.78%), Vitamin A: 1463.92IU (29.28%), Magnesium: 94.72mg (23.68%), Selenium: 14.56µg (20.81%), Fiber: 4.91g (19.63%), Zinc: 2.87mg (19.12%), Iron: 3.39mg (18.85%), Potassium: 604.01mg (17.26%), Vitamin C: 13.93mg (16.88%), Vitamin B3: 3.09mg (15.43%), Calcium: 87.59mg (8.76%), Vitamin E: 1.29mg (8.57%), Vitamin B6: 0.16mg (7.91%), Vitamin B2: 0.13mg (7.85%), Vitamin B5: 0.18mg (1.81%)