



Roasted Fall Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 8 baby candy cane beets
- ☐ 8 baby beets yellow
- ☐ 10 small carrots with greenery
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper divided

Equipment

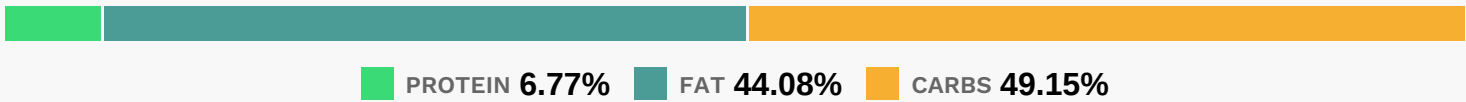
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Cut tops from yellow and candy cane beets, leaving 1/2-inch stems. Peel beets, and cut in half.
- ☐ Cut tops from carrots, leaving 1/2 inch of greenery on each.
- ☐ Toss yellow beets and carrots with 2 Tbsp. olive oil in a large bowl; place in a single layer on 1 side of an aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle vegetables in pan with 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Toss candy cane beets with remaining 1 Tbsp. olive oil; arrange beets in a single layer on remaining side of jelly-roll pan.
- ☐ Sprinkle with remaining 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Bake at 425 for 15 minutes; stir once, and bake 15 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:11.059565240922%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 107.61kcal (5.38%), Fat: 5.54g (8.53%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 9.83g (3.57%), Sugar: 8.51g (9.45%), Cholesterol: 0mg (0%), Sodium: 397.9mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin A: 10468.99IU (209.38%), Folate: 101.28µg (25.32%), Manganese: 0.38mg (18.79%), Fiber: 4.08g (16.31%), Potassium: 468.27mg (13.38%), Vitamin K: 11.78µg (11.22%), Vitamin C: 7.71mg (9.34%), Vitamin E: 1.2mg (8.02%), Vitamin B6: 0.14mg (7.08%), Magnesium: 26.58mg (6.65%),

Phosphorus: 54.87mg (5.49%), Iron: 0.89mg (4.93%), Copper: 0.09mg (4.58%), Vitamin B1: 0.07mg (4.45%),
Vitamin B3: 0.89mg (4.45%), Vitamin B2: 0.07mg (4.07%), Calcium: 34.53mg (3.45%), Vitamin B5: 0.3mg (2.99%),
Zinc: 0.44mg (2.93%)