



Roasted Green Bean, Red Onion, and Beet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 10 large beets trimmed
- ☐ 8 teaspoons thyme leaves fresh chopped
- ☐ 2.5 pounds slender green beans trimmed cut into 3-inch lengths
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 4 onions red cut into 6 wedges
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Wrap beets tightly in foil.
- ☐ Place directly on oven rack. Roast until tender when pierced with knife, about 1 hour. Cool beets. Peel and quarter beets.
- ☐ Transfer to large bowl.
- ☐ Add 2 tablespoons olive oil, 2 teaspoons thyme, salt, and pepper; toss to coat.
- ☐ Spray 2 large rimmed baking sheets with nonstick spray. Divide onion wedges between prepared baking sheets.
- ☐ Brush onions on both sides with 2 tablespoons oil; sprinkle with 4 teaspoons thyme, salt, and pepper. Arrange onions cut side down and roast until golden brown on bottom, about 10 minutes. Turn onions over. Roast until golden brown and tender, about 10 minutes longer.
- ☐ Transfer to another large bowl.
- ☐ Divide green beans between same baking sheets.
- ☐ Drizzle beans with remaining 2 tablespoons olive oil, 1/4 cup water, and 2 teaspoons thyme.
- ☐ Sprinkle with salt and pepper. Cover tightly with foil and roast until almost crisp-tender, about 14 minutes. Uncover and continue to roast until water evaporates and beans are crisp-tender, about 5 minutes.
- ☐ Transfer to bowl with onions. (Beets, onions, and green beans can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Drizzle onions and green beans with balsamic vinegar; toss to coat. Season to taste with salt and pepper. Top with beets and serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 10.53%**  **FAT 30.87%**  **CARBS 58.6%**

Properties

Glycemic Index:23.2, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:22.456956365834%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

Nutrients (% of daily need)

Calories: 249.81kcal (12.49%), Fat: 9.18g (14.13%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 27.58g (10.03%), Sugar: 24.67g (27.41%), Cholesterol: 0mg (0%), Sodium: 222.44mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Folate: 342.98µg (85.75%), Manganese: 1.23mg (61.52%), Vitamin K: 54.54µg (51.94%), Fiber: 11.65g (46.6%), Vitamin C: 32.98mg (39.98%), Potassium: 1202.71mg (34.36%), Magnesium: 98.5mg (24.63%), Iron: 3.8mg (21.1%), Vitamin B6: 0.4mg (20.02%), Vitamin A: 949.1IU (18.98%), Phosphorus: 167.26mg (16.73%), Copper: 0.31mg (15.52%), Vitamin B2: 0.25mg (14.48%), Vitamin B1: 0.2mg (13.22%), Vitamin E: 1.79mg (11.95%), Calcium: 103.63mg (10.36%), Vitamin B3: 1.82mg (9.11%), Zinc: 1.33mg (8.88%), Vitamin B5: 0.74mg (7.37%), Selenium: 2.8µg (4.01%)