



Savory Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 cup beet raw diced
- ☐ 1 cup torn beet greens
- ☐ 0.3 cup garbanzo beans canned drained (chickpeas)
- ☐ 4 carrots diced
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced

- ☐ 2 cups potatoes diced
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon thyme leaves dried

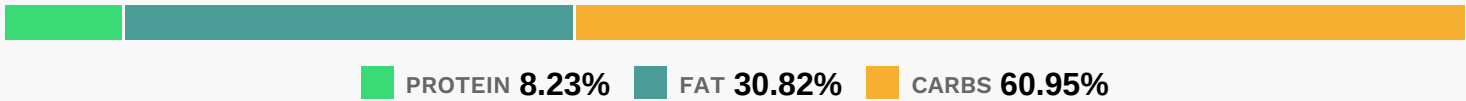
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish.
- ☐ Drizzle with the olive oil, then season with thyme, salt, and pepper.
- ☐ Mix well.
- ☐ Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking.
- ☐ Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:58.65, Glycemic Load:12.15, Inflammation Score:-10, Nutrition Score:14.003478314566%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Myricetin: 0.06mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 151.4kcal (7.57%), Fat: 5.06g (7.78%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 18.13g (6.59%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 278.98mg (12.13%), Alcohol: 1.37g (100%), Alcohol %: 0.93% (100%), Protein: 3.04g (6.07%), Vitamin A: 7260.3IU (145.21%), Vitamin K: 35.05µg (33.38%), Vitamin C: 23.06mg (27.95%), Manganese: 0.41mg (20.69%), Vitamin B6: 0.37mg (18.72%), Fiber: 4.37g (17.46%), Potassium: 608.04mg (17.37%), Folate: 50.49µg (12.62%), Magnesium: 38.01mg (9.5%), Phosphorus: 83.28mg (8.33%), Iron: 1.44mg (7.98%), Copper: 0.15mg (7.69%), Vitamin B1: 0.11mg (7.47%), Vitamin E: 1.06mg (7.04%), Vitamin B3: 1.32mg (6.59%), Vitamin B2: 0.08mg (4.98%), Calcium: 49.18mg (4.92%), Vitamin B5: 0.43mg (4.35%), Zinc: 0.54mg (3.62%), Selenium: 0.99µg (1.42%)