



Tasty Roasted Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 4 beets peeled cut into 3/4-inch cubes
- ☐ 2 tablespoons olive oil
- ☐ 1 pinch sea salt to taste

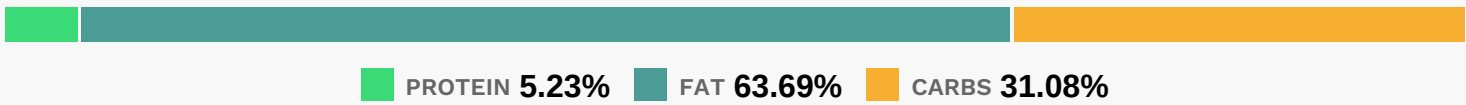
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
- ☐ Toss the beets, olive oil, and thyme in a bowl until beets are coated, and arrange pieces of beet on baking sheet so that they don't touch.
- ☐ Sprinkle the beets with sea salt.
- ☐ Roast in the preheated oven until the beets are tender, 10 to 20 minutes. A fork inserted into a beet cube should come out easily.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.55, Inflammation Score:-3, Nutrition Score:4.2239130320756%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 97.14kcal (4.86%), Fat: 7.14g (10.98%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.54g (2.02%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 73.79mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Folate: 89.38µg (22.34%), Manganese: 0.27mg (13.49%), Fiber: 2.3g (9.18%), Potassium: 266.57mg (7.62%), Vitamin E: 1.04mg (6.94%), Vitamin C: 4.02mg (4.87%), Magnesium: 18.86mg (4.72%), Vitamin K: 4.38µg (4.17%), Iron: 0.7mg (3.86%), Phosphorus: 32.8mg (3.28%), Copper: 0.06mg (3.08%), Vitamin B6: 0.05mg (2.75%), Vitamin B2: 0.03mg (1.93%), Zinc: 0.29mg (1.91%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.27mg (1.37%), Calcium: 13.2mg (1.32%), Vitamin B5: 0.13mg (1.27%)