



Tasty Roasted Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

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

Equipment

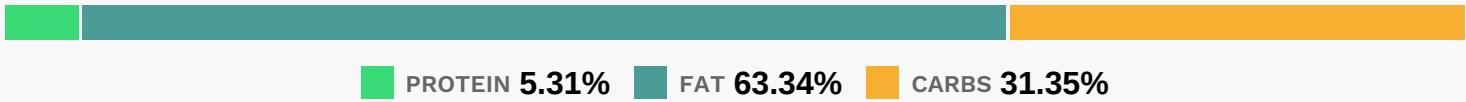
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

☐ 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:27.25, Glycemic Load:3.57, Inflammation Score:-6, Nutrition Score:4.3860869381739%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 97.64kcal (4.88%), Fat: 7.15g (11%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.6g (2.03%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 73.83mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Folate: 89.61µg (22.4%), Manganese: 0.28mg (13.92%), Fiber: 2.37g (9.46%), Potassium: 269.62mg (7.7%), Vitamin E: 1.04mg (6.94%), Vitamin C: 4.82mg (5.84%), Magnesium: 19.66mg (4.92%), Iron: 0.78mg (4.35%), Vitamin K: 4.38µg (4.17%), Phosphorus: 33.33mg (3.33%), Copper: 0.06mg (3.21%), Vitamin B6: 0.06mg (2.83%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.3mg (1.97%), Vitamin B1: 0.03mg (1.71%), Calcium: 15.22mg (1.52%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.13mg (1.29%), Vitamin A: 50.81IU (1.02%)