

# Roasted Beets and Carrots

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-carrot-recipe-for-thanksgiving>

## Ingredients:

- 1 pound beets
- 1 pound carrots
- 2 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 1 teaspoon salt plus more for serving
- 1/4 teaspoon black pepper plus more for serving

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 21 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 500 milligrams
8. Sugar: 15 grams

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