

# Caramelized Beets

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/east-side-king-beet-fries-recipe>

## Ingredients:

- 2 pounds beets peeled and sliced into 3/4 inch chunks
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 2 tablespoons balsamic vinegar plus extra for drizzling

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 16 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 220 milligrams
8. Sugar: 11 grams

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