

Moroccan Roasted Beets With Pomegranate Seeds

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/east-side-mario-s-blueberry-pomegranate-sangria-recipe>

Ingredients:

- 3 pounds beets Scrubbed and cut into wedges not more than 3/4 inch thick. If you prefer not to eat the peels, peel with a vegetable pe...
- 3/4 teaspoon salt
- cracked pepper
- 2 tablespoons olive oil
- 1 tablespoon balsamic
- 1/2 teaspoon cumin seeds fennel seeds, optional
- 1/2 cup balsamic vinegar
- 1 teaspoon maple syrup
- 1/2 cup pomegranate
- 1/4 cup roasted pistachios crushed
- 1 tablespoon orange zest

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 38 grams
3. Fat: 8 grams
4. Fiber: 10 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 570 milligrams
8. Sugar: 27 grams

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