

# Roasted Beets

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-roasted-beets-recipe>

## Ingredients:

- 12 beets medium
- 3 tablespoons olive oil
- salt

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 25 grams
3. Fat: 10 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 390 milligrams
8. Sugar: 17 grams

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