

Roasted Golden Beets with Rosemary and Garlic

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/golden-beets-indian-recipe>

Ingredients:

- 6 inches golden beets medium, peeled and cut into 1- chunks, red beets are a perfectly good substitution
- 3 cloves garlic minced or crushed
- 1 tablespoon rosemary finely chopped, if using dry, use 1 tsp
- salt
- black pepper
- 2 tablespoons extra-virgin olive oil

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 2 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. SaturatedFat: 1 grams
6. Sodium: 200 milligrams

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