

Indian-Style Spiced Beets - Easy

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/parsley-leaves-indian-recipe>

Ingredients:

- 29 ounces beets whole baby, tiny, or quartered beets
- 2 tablespoons olive oil
- 1/4 teaspoon coriander
- mustard
- cumin seeds
- 1/4 teaspoon fennel seeds optional
- 1 bay leaf
- 1/2 teaspoon kosher salt
- 2 tablespoons parsley leaves finely chopped, for garnish, optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 22 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 510 milligrams
8. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Indian-Style Spiced Beets - Easy above. You can see more 15 parsley leaves indian recipe Discover culinary perfection! to get more great cooking ideas.