Spicy Sweet Potato and Beet Hash

U.S. | Metric
---|---
4 lbs | 1.8 kg
2 lbs | 907 g
1 large | 1 large
2 Tbsp | 30 mL
2 tsp | 1.2 g
2 tsp | 1.2 g
1 Tbsp | 1.8 g
1 Tbsp | 1.8 g
1 Tbsp | 1.8 g
1 tsp | 1 g
1 tsp | 1.2 g
1/4 tsp | 1.5 g
1/2 tsp | 1.2 g

Preparation:
1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. In a large bowl toss all ingredients until sweet potatoes and beets are well coated with spices. Place on a baking tray lined with parchment paper.
4. Roast in the oven until tender, about 45 minutes.

Nutrition Facts
Serving size 1 cup
Servings 14
Calories | 170
Calories from Fat | 20
Total Fat | 2.5 g
Saturated Fat | 0 g
Trans Fat | 0 g
Monounsaturated Fat | 1.5 g
Cholesterol | 0 mg
Sodium | 180 mg
Carbohydrates | 35 g
Dietary Fiber | 7 g
Sugars | 10 g
Protein | 4 g
Vitamin A | 370 %
Calcium | 6 %
Vitamin C | 10 %
Iron | 8 %
Phosphorus | 97 mg