



Beet-and-Blue Cheese Spread

READY IN



45 min.

SERVINGS



12

CALORIES



169 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pound beets
- 1 ounce cheese blue crumbled
- 2 granny smith apples peeled cut into 8 wedges
- 1 tablespoon horseradish prepared
- 12 servings pita chips

Equipment

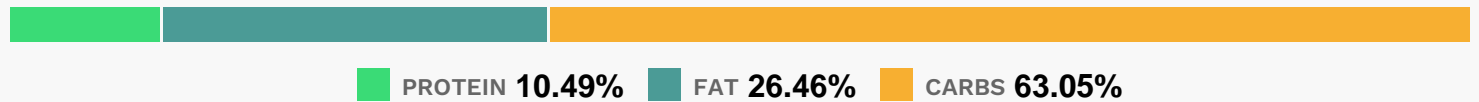
- food processor
- bowl

- oven
- aluminum foil

Directions

- Preheat oven to 40
- Leave root and 1 inch stem on beets; scrub with a brush. Wrap beets in foil; bake at 400 for 1 hour or until tender. Cool. Peel and trim off beet roots.
- Place beets, apples, cheese, and horseradish in a food processor, and process until well-blended, scraping sides of processor bowl occasionally.
- Serve with Pita Chips.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:6.7056522311076%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 168.93kcal (8.45%), Fat: 5.06g (7.78%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 24.23g (8.81%), Sugar: 7.15g (7.95%), Cholesterol: 1.77mg (0.59%), Sodium: 301.33mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Folate: 81.47µg (20.37%), Manganese: 0.32mg (16.02%), Selenium: 9.91µg (14.16%), Vitamin E: 2.02mg (13.44%), Vitamin B1: 0.17mg (11.63%), Fiber: 2.89g (11.57%), Vitamin B3: 2.15mg (10.77%), Iron: 1.64mg (9.09%), Vitamin B2: 0.12mg (6.96%), Phosphorus: 62.71mg (6.27%), Potassium: 200.55mg (5.73%), Magnesium: 21.45mg (5.36%), Vitamin C: 3.56mg (4.31%), Copper: 0.08mg (3.88%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.26mg (2.59%), Calcium: 25.8mg (2.58%), Vitamin K: 1.15µg (1.1%)