



Beet-and-Pecan Sandwich Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup beets canned drained
- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons orange juice
- ☐ 0.5 cup pecans coarsely chopped

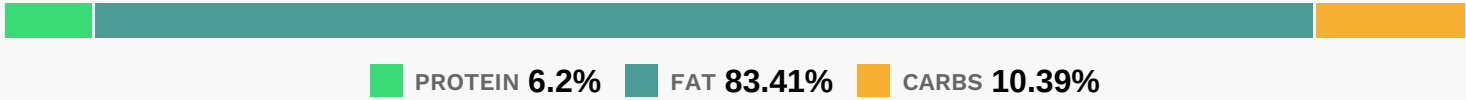
Equipment

- ☐ food processor

Directions

- ☐ Process all ingredients in a food processor until smooth.
- ☐ Spread between small white sandwich bread slices, and cut into shapes.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:4.426086920759%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 203.76kcal (10.19%), Fat: 19.56g (30.1%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.52g (1.64%), Sugar: 3.3g (3.66%), Cholesterol: 38.18mg (12.73%), Sodium: 132.84mg (5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Manganese: 0.43mg (21.73%), Vitamin A: 528.7IU (10.57%), Phosphorus: 68.18mg (6.82%), Copper: 0.13mg (6.46%), Vitamin B2: 0.1mg (6.18%), Selenium: 3.7µg (5.28%), Vitamin B1: 0.07mg (4.98%), Calcium: 44.69mg (4.47%), Zinc: 0.63mg (4.19%), Magnesium: 16.43mg (4.11%), Fiber: 0.96g (3.84%), Vitamin C: 3.15mg (3.82%), Vitamin B5: 0.32mg (3.18%), Potassium: 109.35mg (3.12%), Vitamin E: 0.46mg (3.07%), Folate: 9.65µg (2.41%), Vitamin B6: 0.05mg (2.36%), Iron: 0.32mg (1.79%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.15µg (1.09%)