

Beet Tzatziki



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium beets grated
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 quart yogurt plain whole greek style
- ☐ 2 tablespoons walnut pieces coarsely chopped

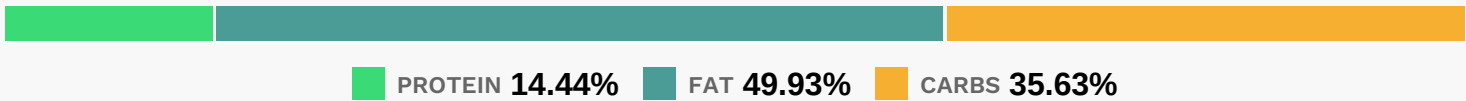
Equipment

☐ cheesecloth

Directions

- ☐ Place the yogurt in the center of the double layered cheesecloth. Standing over the sink, twist the muslin around the yogurt until you have a tight ball. Tie the top with some string and suspend the ball (I tie it to the tap) overnight. You will end up with a yogurt of a very thick consistency, which is known throughout the Eastern Mediterranean as suzme. You will have about 1 1/2 cups. Cover and refrigerate.
- ☐ Combine the beets, garlic, lemon juice and suzme, and season.
- ☐ Serve drizzled with the olive oil, andsprinkled with the parsley and walnuts.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:6.45, Inflammation Score:-6, Nutrition Score:12.28173893431%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 211.62kcal (10.58%), Fat: 12.19g (18.76%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 16.09g (5.85%), Sugar: 15.31g (17.01%), Cholesterol: 20.5mg (6.83%), Sodium: 355.9mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Folate: 141.4µg (35.35%), Manganese: 0.51mg (25.66%), Vitamin K: 25.33µg (24.12%), Calcium: 216.51mg (21.65%), Phosphorus: 209.61mg (20.96%), Potassium: 646.72mg (18.48%), Vitamin B2: 0.28mg (16.34%), Fiber: 3.48g (13.94%), Vitamin C: 11.37mg (13.79%), Magnesium: 51.63mg (12.91%), Zinc: 1.46mg (9.74%), Vitamin B12: 0.58µg (9.73%), Vitamin B5: 0.83mg (8.29%), Vitamin B6: 0.16mg (8.07%), Copper: 0.16mg (7.93%), Iron: 1.22mg (6.76%), Selenium: 4.58µg (6.54%), Vitamin B1: 0.1mg

(6.48%), Vitamin A: 307.07IU (6.14%), Vitamin E: 0.86mg (5.72%), Vitamin B3: 0.57mg (2.83%), Vitamin D: 0.16µg (1.05%)