



Beet Yogurt with Herbs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups greek yogurt plain 2%
- ☐ 1 teaspoon tarragon fresh finely chopped
- ☐ 1 pound golden beets red trimmed
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons mint leaves fresh finely chopped for serving
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 teaspoons red wine vinegar ()

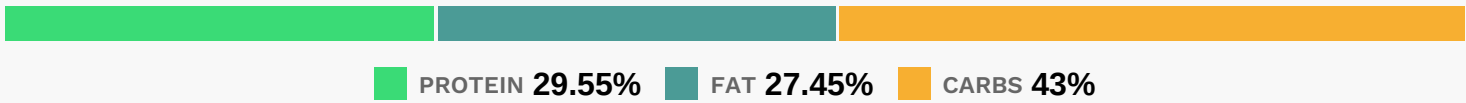
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°.
- ☐ Place beets in a small baking dish and add hot water to come 1/2" up sides of dish; season with salt. Cover beets with a piece of parchment paper, then cover dish tightly with foil.
- ☐ Cook beets until tender, about 1 hour.
- ☐ Remove beets from baking dish, let cool slightly, then rub off skins with a paper towel. Coarsely grate beets.
- ☐ Mix beets, yogurt, chopped mint, tarragon, oil, and 2 teaspoons vinegar in a medium bowl; season with salt and more vinegar, if desired. Cover and chill at least 3 hours to let flavors meld.
- ☐ Top beet yogurt with mint leaves.
- ☐ DO AHEAD: Beet yogurt can be made 1 day ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.37, Inflammation Score:-3, Nutrition Score:6.0817391561425%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 86.1kcal (4.31%), Fat: 2.69g (4.13%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.19g (2.62%), Sugar: 6.75g (7.49%), Cholesterol: 2.5mg (0.83%), Sodium: 271.66mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.01%), Folate: 88.72µg (22.18%), Manganese: 0.3mg (15.03%), Vitamin B2: 0.18mg (10.57%), Phosphorus: 100.63mg (10.06%), Potassium: 336.46mg (9.61%), Fiber: 2.27g (9.1%), Selenium: 5.49µg (7.85%), Calcium: 75.69mg (7.57%), Magnesium: 25.45mg (6.36%), Vitamin B12: 0.35µg (5.83%), Vitamin C: 4.41mg (5.34%), Iron: 0.85mg (4.75%), Vitamin B6: 0.09mg (4.64%), Zinc: 0.56mg (3.75%), Copper: 0.07mg (3.66%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.37mg (2.47%), Vitamin B1: 0.04mg (2.44%), Vitamin A: 111.75IU (2.23%), Vitamin B3: 0.42mg (2.08%), Vitamin K: 1.56µg (1.48%)