

Beetroot & mint dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g beets
- ☐ 0.5 tsp ground cumin
- ☐ 2 tsp mint leaves chopped for sprinkling
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tbsp crème fraîche
- ☐ 3 pinches nigella seeds

Equipment

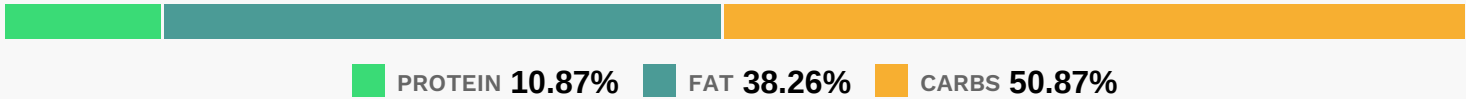
- ☐ food processor

☐ bowl

Directions

- ☐ Put beetroot and cumin in the small bowl of a food processor, season and blend until smooth. Tip into a bowl, add the mint and lemon juice, then gently stir through crme frache to get a rippled effect.
- ☐ Sprinkle with mint leaves and nigella seeds.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:2.71, Inflammation Score:-3, Nutrition Score:3.3943478724231%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 50.99kcal (2.55%), Fat: 2.28g (3.51%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 4.98g (1.81%), Sugar: 4.64g (5.16%), Cholesterol: 5.31mg (1.77%), Sodium: 52.01mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Folate: 69.5µg (17.37%), Manganese: 0.22mg (10.8%), Fiber: 1.86g (7.45%), Potassium: 222.99mg (6.37%), Vitamin C: 4.63mg (5.61%), Magnesium: 16.45mg (4.11%), Iron: 0.68mg (3.77%), Phosphorus: 33.42mg (3.34%), Copper: 0.05mg (2.57%), Vitamin B2: 0.04mg (2.45%), Vitamin B6: 0.05mg (2.42%), Calcium: 21.76mg (2.18%), Zinc: 0.26mg (1.75%), Vitamin A: 82.22IU (1.64%), Vitamin B1: 0.02mg (1.58%), Vitamin B5: 0.13mg (1.32%), Vitamin B3: 0.23mg (1.16%), Selenium: 0.79µg (1.12%)