



Creamy Beet Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds beets halved
- ☐ 1 small clove garlic
- ☐ 1 pinch ground cardamom
- ☐ 1 juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cream light sour

Equipment

- ☐ bowl

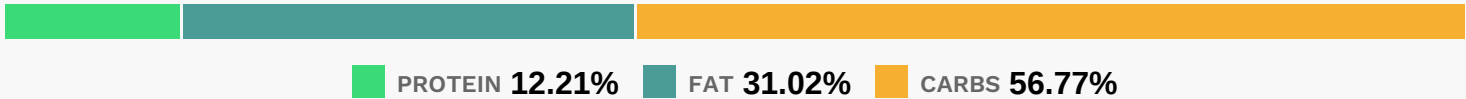
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 oven

Directions

- ☐ Heat oven to 425°F. Roast beets on a cookie sheet lined with parchment paper, turning once halfway through, until soft, 45 to 60 minutes.
- ☐ Remove from oven and let cool. Peel beets under running water. In a food processor, combine beets, sour cream, 2 teaspoons juice, cardamom, salt and garlic; blend until smooth.
- ☐ Transfer to a bowl and garnish with zest to taste.
- ☐ Serve with pita, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:3.71, Inflammation Score:-3, Nutrition Score:4.7291303924892%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 67.32kcal (3.37%), Fat: 2.44g (3.76%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.89g (6.55%), Cholesterol: 7.55mg (2.52%), Sodium: 157.01mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Folate: 95.84µg (23.96%), Manganese: 0.29mg (14.51%), Fiber: 2.4g (9.62%), Potassium: 327.64mg (9.36%), Vitamin C: 5.93mg (7.19%), Magnesium: 22.07mg (5.52%), Phosphorus: 50.22mg (5.02%), Calcium: 45.01mg (4.5%), Iron: 0.71mg (3.93%), Vitamin B2: 0.06mg (3.58%), Copper: 0.07mg (3.45%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.44%), Vitamin A: 99.05IU (1.98%), Selenium: 1.32µg (1.89%), Vitamin B3: 0.31mg (1.53%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.14mg (1.39%)