



Creamy Beet Dip with White Crudités



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups beets shredded peeled
- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon honey
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 20 servings salt and pepper freshly ground
- ☐ 1.3 cups cup heavy whipping cream sour

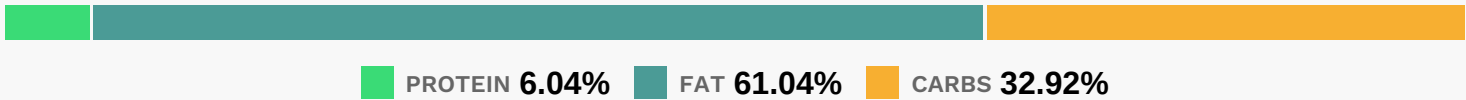
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, heat the oil.
- ☐ Add the onion and cook over moderate heat until just softened, about 2 minutes.
- ☐ Add the beets and cook, stirring, for 2 minutes.
- ☐ Add 3/4 cup of water and bring to a boil. Cover and cook, stirring occasionally, until the beets are just tender, about 5 minutes.
- ☐ Add the vinegar and honey and cook uncovered over high heat, stirring frequently, until the liquid has evaporated completely and the beets are very tender and dry, about 6 minutes longer.
- ☐ Scrape the beet mixture onto a large plate and let cool. Fold in the sour cream and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:2.238260878169%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 60.54kcal (3.03%), Fat: 4.25g (6.54%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.14g (1.5%), Sugar: 3.82g (4.24%), Cholesterol: 8.48mg (2.83%), Sodium: 225.09mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Folate: 38.7µg (9.68%), Manganese: 0.12mg (6.03%), Fiber: 1.02g (4.09%), Potassium: 135.48mg (3.87%), Phosphorus: 25.85mg (2.58%), Vitamin C: 2.1mg (2.55%), Magnesium: 9.74mg (2.44%), Vitamin B2: 0.04mg (2.31%), Calcium: 21.15mg (2.12%), Vitamin E: 0.31mg (2.09%), Vitamin A: 100.86IU (2.02%), Vitamin B6: 0.03mg (1.69%), Iron: 0.3mg (1.68%), Copper: 0.03mg (1.52%), Vitamin K: 1.3µg (1.24%), Zinc: 0.18mg (1.18%), Selenium: 0.8µg (1.14%), Vitamin B5: 0.11mg (1.07%), Vitamin B1: 0.02mg (1.02%)