



Roasted Beet and Goat Cheese Dip with Chives and Thyme

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium beets trimmed
- ☐ 4 servings bread sticks for serving
- ☐ 1 small bunch chives finely sliced
- ☐ 4 ounce log goat cheese
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil

- ☐ 4 sprigs thyme leaves

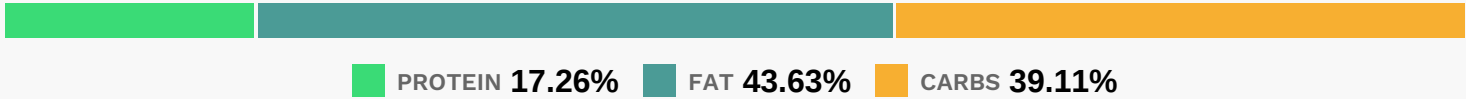
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ If using raw beets, wash them clean of sand and dirt. Set aside to air dry or dry well with a towel or paper towel. If using roasted beets, proceed to food processor step.
- ☐ Toss the beets in a mixing bowl with oil, thyme, a few pinches of salt and about 15 grinds of pepper.
- ☐ Turn the beets out onto a baking sheet and roast until fork tender, shaking the pan occasionally to insure even cooking, about 40 minutes.
- ☐ Remove beets from oven and set aside to cool. (You can do this up to a couple days ahead of time if you store them sealed in the refrigerator.)
- ☐ Remove and discard the skins from the beets.
- ☐ Cut beets into quarters.
- ☐ Add the beet quarters to a food processor or blender. Pulse a few times until beets are roughed up into small but still chunky pieces.
- ☐ Dump the blended beets into a serving bowl. Crumble the goat cheese into the beets and add the chives and lemon juice. Toss together and season with salt and pepper, to taste.
- ☐ Serve with crostini or breadsticks.

Nutrition Facts



Properties

Glycemic Index:61.17, Glycemic Load:10.89, Inflammation Score:-8, Nutrition Score:10.82217399452%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 10.93g (16.81%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 18.34g (6.67%), Sugar: 7.72g (8.57%), Cholesterol: 13.04mg (4.35%), Sodium: 303.31mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Manganese: 0.68mg (33.79%), Folate: 122.12µg (30.53%), Copper: 0.32mg (16.09%), Fiber: 3.7g (14.81%), Phosphorus: 144.79mg (14.48%), Iron: 2.45mg (13.61%), Selenium: 9.47µg (13.53%), Vitamin B2: 0.22mg (12.88%), Vitamin B1: 0.16mg (10.9%), Vitamin B3: 2mg (10%), Potassium: 337.38mg (9.64%), Vitamin C: 7.85mg (9.52%), Magnesium: 37.98mg (9.5%), Calcium: 93.96mg (9.4%), Vitamin B6: 0.17mg (8.29%), Vitamin A: 413.27IU (8.27%), Vitamin K: 6.45µg (6.15%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.57mg (5.68%), Vitamin E: 0.65mg (4.34%)