

Beet Yogurt Dip

50 Colorful Snacks
Food Network Magazine

2 medium red beets, cooked and peeled
4 ounces goat cheese
1/2 cup plain Greek yogurt
1/4 cup olive oil
2 tablespoons beet horseradish salt (to taste)
pepper (to taste)
goat cheese (for topping)

In a food processor, puree the beets, goat cheese, yogurt, olive oil and horseradish.

Season with salt and pepper.

Top with more goat cheese.

Serve with blue potato chips and purple carrots.

Per Serving (excluding unknown items): 990 Calories; 94g Fat (85.1% calories from fat); 35g Protein; 2g Carbohydrate; 0g Dietary Fiber; 119mg Cholesterol; 392mg Sodium. Exchanges: 5 Lean Meat; 16 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	990
% Calories from Fat:	85.1%
% Calories from Carbohydrates:	1.0%
% Calories from Protein:	13.9%
Total Fat (g):	94g
Saturated Fat (g):	35g
Monounsaturated Fat (g):	49g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	119mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g
Protein (g):	35g
Sodium (mg):	392mg
Potassium (mg):	54mg
Calcium (mg):	1015mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	5mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 624IU
Vitamin A (r.e.): 187RE

Fat: 16
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 990 **Calories from Fat:** 843

% Daily Values*

Total Fat 94g	145%
Saturated Fat 35g	176%
Cholesterol 119mg	40%
Sodium 392mg	16%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Protein 35g	
Vitamin A	12%
Vitamin C	0%
Calcium	102%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.