



Beet and Beet Green Soup with Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beets with their greens
- ☐ 2 medium rib celery diced
- ☐ 2 tablespoons optional: dill chopped
- ☐ 1 garlic clove minced
- ☐ 2 medium onions diced
- ☐ 0.8 teaspoon citric salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 pound shrimp shelled deveined
- ☐ 0.3 cup cup heavy whipping cream sour

- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 2 quarts water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ box grater

Directions

- ☐ Cut the greens off the beets and discard the tough stems. Roughly chop the leaves and tender stems. In a medium saucepan, cover the beets with the water and bring to a boil. Simmer over low heat until the beets are tender, about 45 minutes. Strain the beet-cooking liquid into a large bowl.
- ☐ Transfer the beets to a plate and let cool, then peel and coarsely grate them on a box grater.
- ☐ Heat the oil in a saucepan.
- ☐ Add the shrimp shells, season with salt and pepper and cook over moderately high heat, stirring, until the shells start to brown, about 5 minutes.
- ☐ Add the tomato paste and cook, stirring, until glossy, about 2 minutes.
- ☐ Add the beet liquid and bring to a boil, then simmer for 20 minutes, skimming occasionally.
- ☐ Strain the broth into a large saucepan.
- ☐ Add the onions, celery, beet greens and grated beets and bring to a boil. Cover and simmer over low heat until the celery and onions are very tender, about 25 minutes.
- ☐ Add the shrimp and simmer until just cooked through, about 1 minute.
- ☐ Remove from the heat and let stand for a few minutes.
- ☐ In a small bowl, combine the sour cream, dill, garlic and lemon salt. Stir the sour cream into the soup, season with pepper and serve.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:35.51, Inflammation Score:-10, Nutrition Score:25.432608770288%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 542.07kcal (27.1%), Fat: 8.14g (12.52%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 98.81g (32.94%), Net Carbohydrates: 94.06g (34.2%), Sugar: 6.35g (7.06%), Cholesterol: 8.48mg (2.83%), Sodium: 758.15mg (32.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.62%), Selenium: 73.7µg (105.29%), Manganese: 1.48mg (73.75%), Vitamin C: 58.11mg (70.44%), Vitamin A: 2745.81IU (54.92%), Phosphorus: 334.37mg (33.44%), Folate: 116.62µg (29.16%), Copper: 0.56mg (27.93%), Magnesium: 98.77mg (24.69%), Potassium: 787.71mg (22.51%), Vitamin B6: 0.43mg (21.65%), Fiber: 4.76g (19.02%), Iron: 3.18mg (17.67%), Vitamin B3: 3.39mg (16.93%), Zinc: 2.3mg (15.34%), Vitamin B1: 0.2mg (13.49%), Vitamin B2: 0.23mg (13.43%), Calcium: 98.46mg (9.85%), Vitamin B5: 0.89mg (8.89%), Vitamin K: 7.42µg (7.06%), Vitamin E: 0.64mg (4.28%)