



Beet and Fennel Soup with Kefir



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large beets peeled cut into 1/2-inch cubes (2 1/2-to 3-inch-diameter)
- ☐ 4 servings fennel fronds (for garnish)
- ☐ 1 cup fennel bulb chopped
- ☐ 1.5 teaspoons fennel seeds
- ☐ 1 cup milk kefir unflavored
- ☐ 4 servings additional kefir unflavored
- ☐ 2 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil

☐ 1 cup onion chopped

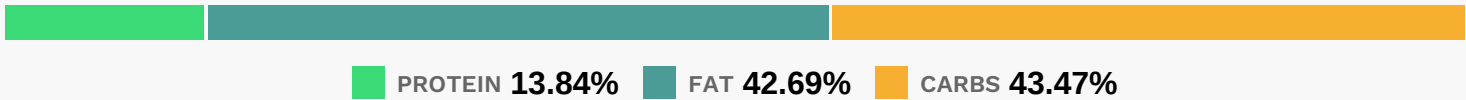
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat olive oil in large saucepan over medium heat.
- ☐ Add chopped onion, chopped fennel, and fennel seeds. Sauté until vegetables soften, about 5 minutes.
- ☐ Add cubed beets and stir to coat.
- ☐ Add chicken broth and bring to boil. Cover; reduce heat to medium-low. Cook until beets are tender, 18 to 20 minutes. Puree soup in batches in blender. Return to same saucepan.
- ☐ Whisk in 1 cup unflavored kefir and season soup with salt and freshly ground black pepper. Rewarm soup.
- ☐ Ladle soup into bowls.
- ☐ Drizzle with additional unflavored kefir; garnish with fennel fronds.
- ☐ Per serving:146 calories,9 g fat,3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:7.14, Inflammation Score:-7, Nutrition Score:15.460869618084%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 203.01kcal (10.15%), Fat: 10.15g (15.61%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 17.76g (6.46%), Sugar: 14.99g (16.65%), Cholesterol: 7.63mg (2.54%), Sodium: 187.43mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.81%), Vitamin D: 24.4µg (162.67%), Folate: 161.98µg (40.5%), Manganese: 0.59mg (29.57%), Fiber: 5.49g (21.97%), Potassium: 708.84mg (20.25%), Vitamin K: 18.93µg (18.03%), Vitamin C: 12.51mg (15.17%), Calcium: 132.12mg (13.21%), Phosphorus: 116.43mg (11.64%), Vitamin B3: 2.31mg (11.54%), Magnesium: 43.22mg (10.8%), Copper: 0.2mg (10.04%), Iron: 1.76mg (9.8%), Vitamin B6: 0.17mg (8.26%), Vitamin E: 1.2mg (8.02%), Vitamin B2: 0.11mg (6.5%), Zinc: 0.74mg (4.9%), Vitamin B1: 0.07mg (4.39%), Vitamin A: 202.23IU (4.04%), Vitamin B5: 0.31mg (3.13%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.31µg (1.87%)