



Beet Soup with Horseradish Cream

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 medium beets peeled cut into 1/2-inch cubes
- 0.3 teaspoon pepper black freshly ground
- 3 stalks celery finely chopped
- 1.5 cups vanilla-flavored soy yogurt sour
- 2 garlic clove minced
- 2 teaspoons ground coriander
- 3 tablespoons horseradish fresh finely grated peeled
- 3 tablespoons juice of lemon fresh

- 3 tablespoons olive oil
- 1 medium onion finely chopped
- 1 teaspoon salt
- 1 tablespoon sugar

Equipment

- bowl
- pot

Directions

- In medium bowl, stir together sour cream and horseradish. Cover and refrigerate until ready to use.
- In 6-quart stock pot over moderate heat, heat oil until hot but not smoking.
- Add onions, celery, and garlic and sauté until onions are translucent, about 10 minutes.
- Add beets and stir until lightly coated with oil.
- Add 8 cups water, cover, and bring to boil. Reduce heat to low and simmer until beets are tender and easily pierced with fork but not falling apart, about 1 hour.
- Remove from heat and stir in lemon juice, sugar, coriander, salt, and pepper.
- Serve hot, topped with horseradish cream, or serve chilled.
- : If you plan on serving this soup at two seders and want some variety on the second night, try this twist that combines Eastern European knaidlach (matzoh balls) and Middle Eastern kibbeh (meatballs): Prepare matzoh ball dough (you can use a packaged mix) and chill at least 15 minutes. Meanwhile, in a large bowl, stir together ground beef or lamb, chopped onion, chopped celery, chopped fresh mint, a pinch of cinnamon, a pinch of nutmeg, salt, and pepper. Form the meat into mini-meatballs. Wrap matzoh ball dough around each meatball to form "knaidlach kibbeh." Boil the balls according to the package directions (the meat will cook inside them).
- Place two balls in each bowl of hot soup.

Nutrition Facts



■ PROTEIN 8.61% ■ FAT 42.32% ■ CARBS 49.07%

Properties

Glycemic Index:25.51, Glycemic Load:4.12, Inflammation Score:-4, Nutrition Score:5.1382608931998%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 102.74kcal (5.14%), Fat: 5.04g (7.75%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 10.51g (3.82%), Sugar: 8.34g (9.27%), Cholesterol: 0mg (0%), Sodium: 300.45mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Folate: 81.46µg (20.36%), Manganese: 0.28mg (13.77%), Vitamin C: 11.03mg (13.36%), Fiber: 2.63g (10.5%), Potassium: 281.15mg (8.03%), Calcium: 67.77mg (6.78%), Vitamin K: 6.32µg (6.02%), Magnesium: 19.89mg (4.97%), Vitamin E: 0.67mg (4.5%), Iron: 0.7mg (3.9%), Vitamin B6: 0.08mg (3.86%), Phosphorus: 36.26mg (3.63%), Copper: 0.07mg (3.34%), Vitamin D: 0.44µg (2.95%), Vitamin B2: 0.04mg (2.34%), Vitamin B1: 0.03mg (2.13%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.16mg (1.59%), Vitamin A: 77.14IU (1.54%), Vitamin B3: 0.3mg (1.48%), Selenium: 0.78µg (1.12%)