



Beetroot shots with tarragon yogurt ice cubes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



891 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 onion red sliced
- ☐ 3 tbsp brown sugar
- ☐ 75 ml red wine
- ☐ 3 tbsp red wine vinegar
- ☐ 1 l vegetable stock
- ☐ 500 g beets cooked roughly chopped
- ☐ 500 g yogurt
- ☐ 1 small bunch tarragon (leaves only)

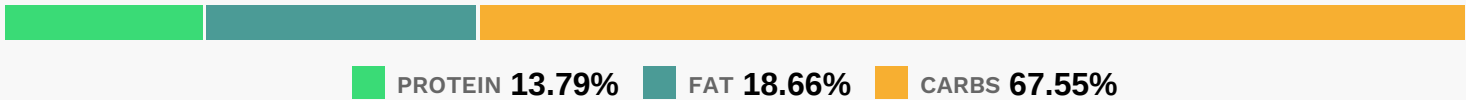
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ To make the ice cubes, mix the yogurt with a handful of chopped tarragon leaves, then half-fill 2 x 12-cube ice trays (the smallest you have) with the mix. Cover with cling film and freeze overnight.
- ☐ Put the onions and sugar in a saucepan, cover with a lid, then cook over moderate heat for 10 mins, shaking the pan from time to time.
- ☐ Pour in the wine and vinegar and bubble away until syrupy. Now pour in the stock, add the beetroot and a handful of tarragon leaves. Bring to the boil, then cook for 15 mins.
- ☐ Blend the soup until smooth, then pass through a sieve into a bowl, pushing as much of the pured beetroot through as possible. Season with lots of black pepper, then serve hot in shot glasses with a yogurt ice cube on top

Nutrition Facts



Properties

Glycemic Index:240, Glycemic Load:39.01, Inflammation Score:-10, Nutrition Score:46.672608676164%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg

Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg
Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 11.04mg, Isorhamnetin: 11.04mg,
Isorhamnetin: 11.04mg, Isorhamnetin: 11.04mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg,
Kaempferol: 1.5mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 46.1mg,
Quercetin: 46.1mg, Quercetin: 46.1mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg,
Galocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 891.23kcal (44.56%), Fat: 17.9g (27.54%), Saturated Fat: 10.86g (67.86%), Carbohydrates: 145.8g (48.6%),
Net Carbohydrates: 127.47g (46.35%), Sugar: 110.26g (122.51%), Cholesterol: 65mg (21.67%), Sodium: 4623.61mg
(201.03%), Alcohol: 8.06g (100%), Alcohol %: 0.43% (100%), Protein: 29.76g (59.51%), Folate: 644.84µg (161.21%),
Manganese: 2.73mg (136.51%), Potassium: 3124.74mg (89.28%), Calcium: 865.37mg (86.54%), Phosphorus:
786.35mg (78.64%), Fiber: 18.33g (73.33%), Vitamin B2: 1.1mg (64.71%), Vitamin A: 3117.63IU (62.35%), Magnesium:
238.92mg (59.73%), Vitamin C: 47.5mg (57.58%), Vitamin B6: 1.01mg (50.5%), Iron: 8.1mg (45.02%), Zinc: 5.52mg
(36.78%), Vitamin B12: 1.85µg (30.83%), Vitamin B5: 3.06mg (30.61%), Copper: 0.59mg (29.49%), Vitamin B1:
0.43mg (28.34%), Selenium: 16.54µg (23.62%), Vitamin B3: 3.23mg (16.13%), Vitamin E: 0.54mg (3.63%), Vitamin D:
0.5µg (3.33%), Vitamin K: 3.18µg (3.03%)