



Borscht



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 medium beets diced peeled
- ☐ 28 ounce chicken broth low-sodium canned
- ☐ 4 servings olive oil
- ☐ 1 large onion
- ☐ 4 servings whole-milk yogurt plain sour with cream)

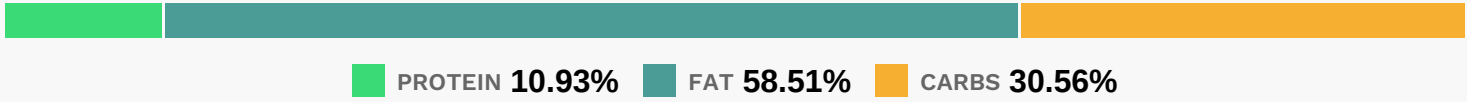
Equipment

- ☐ whisk
- ☐ blender

Directions

- ☐ Chop onion, and saut in 1 tablespoon olive oil until golden.
- ☐ Add beets, broth, and 1/2 teaspoon salt. Bring to a boil. Reduce heat, and simmer 20 minutes, or until beets are tender. Pure mixture in a blender until smooth.
- ☐ Whisk 1/2 cup hot soup into 1 cup yogurt, and stir yogurt mixture into soup, until well-blended.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:6.29, Inflammation Score:-5, Nutrition Score:9.5869565632032%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 225.9kcal (11.29%), Fat: 15.45g (23.76%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 13.94g (5.07%), Sugar: 10.54g (11.72%), Cholesterol: 0.02mg (0.01%), Sodium: 161.53mg (7.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Folate: 146.22µg (36.56%), Manganese: 0.47mg (23.4%), Potassium: 642.48mg (18.36%), Fiber: 4.21g (16.83%), Vitamin B3: 3.19mg (15.95%), Vitamin E: 2.07mg (13.83%), Phosphorus: 122.98mg (12.3%), Vitamin C: 9.03mg (10.95%), Copper: 0.21mg (10.58%), Iron: 1.59mg (8.86%), Magnesium: 35.25mg (8.81%), Vitamin K: 8.84µg (8.41%), Vitamin B6: 0.15mg (7.54%), Vitamin B2: 0.12mg (7.24%), Zinc: 0.72mg (4.79%), Calcium: 39.09mg (3.91%), Vitamin B1: 0.06mg (3.82%), Vitamin B12: 0.2µg (3.41%), Vitamin B5: 0.25mg (2.5%), Selenium: 1.12µg (1.59%)