



Borscht

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 oz beef broth canned
- ☐ 2 carrots coarsely chopped
- ☐ 2 rib celery stalks coarsely chopped
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 medium onion chopped
- ☐ 16 oz pickled beets sliced
- ☐ 4 medium potato boiling peeled halved
- ☐ 4 tablespoons cream sour

☐ 1 tablespoon vegetable oil

Equipment

☐ bowl

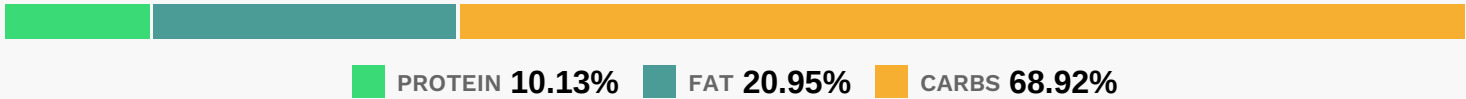
☐ sauce pan

☐ ladle

Directions

- ☐ Cover potatoes with cold salted water by 1 inch and simmer until tender, 20 to 25 minutes.
- ☐ Drain and keep warm.
- ☐ While potatoes are boiling, sauté carrots, celery, and onion in oil in a 3-quart heavy saucepan over high heat, stirring frequently, until beginning to brown.
- ☐ Add broth and bring to a boil. Simmer, covered, until vegetables are tender, about 13 minutes. Stir in beets and their brine and simmer, covered, 8 minutes more. Ladle borscht into bowls and add potatoes. Top with sour cream and dill.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:19.788260931554%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 268.72kcal (13.44%), Fat: 6.51g (10.01%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 41.17g (14.97%), Sugar: 12.02g (13.36%), Cholesterol: 7.08mg (2.36%), Sodium: 653.89mg (28.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Vitamin A: 5238.16IU (104.76%), Potassium: 1346.82mg (38.48%), Manganese: 0.72mg (36.02%), Vitamin C: 26.73mg (32.4%), Fiber: 7g (27.99%),

Vitamin B6: 0.52mg (25.88%), Iron: 3.97mg (22.04%), Folate: 84.45µg (21.11%), Phosphorus: 190.19mg (19.02%),
Magnesium: 75.95mg (18.99%), Copper: 0.38mg (18.98%), Vitamin B3: 3.75mg (18.74%), Vitamin K: 17.12µg (16.3%),
Vitamin B1: 0.22mg (14.75%), Vitamin B2: 0.18mg (10.51%), Vitamin B5: 0.95mg (9.51%), Zinc: 1.1mg (7.36%), Calcium:
73.6mg (7.36%), Selenium: 2.94µg (4.2%), Vitamin E: 0.59mg (3.91%), Vitamin B12: 0.09µg (1.58%)