



HEALTH SCORE

54%

Borscht



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef shanks bone-in
- ☐ 4 large beets peeled chopped
- ☐ 10 cups beef broth canned
- ☐ 4 medium carrots peeled chopped
- ☐ 0.8 cup optional: dill fresh chopped
- ☐ 1 large onion quartered
- ☐ 1 cup yogurt plain
- ☐ 3 tablespoons red wine vinegar

- ☐ 12 ounce baking potatoes peeled cut into 1/2-inch pieces
- ☐ 2 cups savoy cabbage thinly sliced

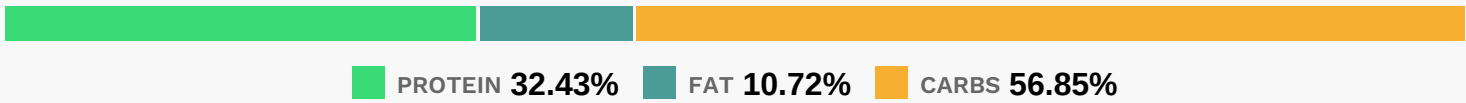
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring 6 cups broth, beef shank, and onion to boil in large pot. Reduce heat, cover, and simmer until meat is tender, about 1 hour 30 minutes.
- ☐ Transfer meat to work surface; trim fat, sinew and bone and discard. Chop meat; cover and chill. Cool broth slightly. Chill uncovered in pot until cold, at least 4 hours and up to 1 day.
- ☐ Spoon fat from top of chilled broth and discard.
- ☐ Add remaining 4 cups canned broth, beets, carrots, and potato; bring to boil. Reduce heat, cover, and simmer until vegetables are tender, about 30 minutes. Stir in cabbage and 1/2 cup dill; cook until tender, about 15 minutes. Season with salt and pepper. Stir in vinegar. Ladle soup into bowls. Top with yogurt and remaining 1/4 cup dill.
- ☐ Per serving: calories, 223; total fat, 2 g; saturated fat, 1 g; cholesterol, 11 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44.93, Glycemic Load:17.98, Inflammation Score:-10, Nutrition Score:29.492608702701%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.72mg, Quercetin: 8.72mg,

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Nutrients (% of daily need)

Calories: 268.62kcal (13.43%), Fat: 3.27g (5.02%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 38.96g (12.99%), Net Carbohydrates: 30.74g (11.18%), Sugar: 19.26g (21.4%), Cholesterol: 18.51mg (6.17%), Sodium: 1732.07mg (75.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.45%), Vitamin A: 7544.3IU (150.89%), Folate: 262.08µg (65.52%), Manganese: 0.94mg (47.21%), Potassium: 1588.02mg (45.37%), Vitamin B3: 7.56mg (37.79%), Vitamin B6: 0.73mg (36.66%), Vitamin C: 29mg (35.15%), Phosphorus: 348.12mg (34.81%), Vitamin B12: 2.04µg (33.99%), Fiber: 8.22g (32.9%), Zinc: 4.6mg (30.68%), Vitamin B2: 0.43mg (25.02%), Iron: 4.4mg (24.42%), Magnesium: 94.3mg (23.58%), Vitamin K: 22.99µg (21.89%), Selenium: 14.17µg (20.24%), Calcium: 190.72mg (19.07%), Vitamin B1: 0.23mg (15.58%), Copper: 0.28mg (14.23%), Vitamin B5: 1.16mg (11.61%), Vitamin E: 0.39mg (2.61%)