



## Borscht



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 pound beets grated peeled ( 2 medium beets)
- ☐ 1 tablespoon canola oil
- ☐ 1 carrots grated
- ☐ 4 stalks celery trimmed chopped
- ☐ 1 bunch chard thick cut into ribbons
- ☐ 6 servings crème fraîche for serving
- ☐ 2 teaspoons dill seeds
- ☐ 1 bay leaf fresh

- ☐ 0.3 head cabbage green trimmed thinly sliced
- ☐ 6 servings diamond crystal kosher salt and pepper black freshly ground
- ☐ 6 servings juice of lemon for serving
- ☐ 1 large onion chopped
- ☐ 1 sprig thyme leaves
- ☐ 2 jersey tomatoes chopped
- ☐ 6 cups water
- ☐ 3 allspice whole

## Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

## Directions

- ☐ Combine all the stock ingredients in a large pot and bring to a boil; reduce the heat and simmer, covered, for 1 1/2 to 2 hours. When the stock is cool enough to handle, strain it through a fine mesh sieve, pressing down on the mixture to extract all the liquid. Discard the solids and set the stock aside; it can be stored in the refrigerator for up to a week.
- ☐ Pour the oil into a large pot; place it over medium heat and add the kale, carrot, and cabbage. Cook, stirring frequently, until the kale and cabbage are al dente.
- ☐ Pour the reserved stock into the pot and stir. Season with salt and pepper to taste.
- ☐ Serve the borscht hot; finish each bowl with a squeeze of lemon juice and a little crème fraîche.
- ☐ Noah and Rae Bernamoff opened Brooklyn's Mile End Delicatessen in 201
- ☐ The New York Times dubbed it "a loving tribute to the deli tradition," and Zagat and New York magazine voted it New York's best deli. Originally from Montreal and New York, respectively, Noah and Rae now live in Park Slope.

## Nutrition Facts



 **PROTEIN 11.44%**  **FAT 33.9%**  **CARBS 54.66%**

Properties

Glycemic Index:57.31, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:21.469999827768%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 126.92kcal (6.35%), Fat: 5.25g (8.08%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 13.33g (4.85%), Sugar: 10.64g (11.82%), Cholesterol: 7.08mg (2.36%), Sodium: 413.36mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Vitamin K: 458.24µg (436.42%), Vitamin A: 5365.48IU (107.31%), Vitamin C: 47.8mg (57.94%), Folate: 132.02µg (33%), Manganese: 0.64mg (31.77%), Fiber: 5.72g (22.89%), Potassium: 775.47mg (22.16%), Magnesium: 80.21mg (20.05%), Vitamin B6: 0.26mg (12.91%), Copper: 0.25mg (12.53%), Vitamin E: 1.87mg (12.49%), Iron: 2.11mg (11.7%), Calcium: 108.59mg (10.86%), Phosphorus: 102.64mg (10.26%), Vitamin B2: 0.15mg (8.9%), Vitamin B1: 0.11mg (7.64%), Zinc: 0.8mg (5.31%), Vitamin B3: 1.05mg (5.24%), Vitamin B5: 0.5mg (5.05%), Selenium: 1.88µg (2.69%)