

Borscht with Meat

 Gluten Free  Dairy Free

READY IN



640 min.

SERVINGS



12

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 1 pound beef chuck lean
- 1.5 pounds beets boiled grated
- 8 peppercorns whole black
- 1 pound cabbage shredded
- 1 carrots grated
- 2 teaspoons dill seed
- 2 teaspoons marjoram dried

- 2 tablespoons dill weed fresh chopped
- 6 sprigs parsley fresh
- 2 leeks sliced
- 1 cup onion chopped
- 2 pounds polish sausage
- 2 tablespoons red wine vinegar
- 1 tablespoon salt
- 2 quarts water
- 1 teaspoon sugar white

Equipment

- bowl
- dutch oven

Directions

- Combine 1/2 cup of the beets, the vinegar, and sugar in a small bowl; refrigerate, covered, overnight. Refrigerate remaining beets.
- Place beef, water, bacon, salt, peppercorns, parsley sprigs, marjoram, and dill seeds (or basil leaves) in Dutch oven.
- Heat to boiling. Reduce heat, simmer, partially covered, over medium heat until beef is tender (about 2 hours).
- Discard parsley sprigs.
- Add 3 cups beets, the cabbage, leeks, onions, carrot, and sausage; simmer, covered, over low heat 30 minutes.
- To serve, remove beef, bacon, and sausage; cut into 2-inch pieces. Return meats and reserved beet mixture to Dutch oven.
- Sprinkle with snipped dill. Pass sour cream.

Nutrition Facts



■ PROTEIN 21.5% ■ FAT 65.86% ■ CARBS 12.64%

Properties

Glycemic Index:32.58, Glycemic Load:4.62, Inflammation Score:-8, Nutrition Score:19.330869560656%

Flavonoids

Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 430.59kcal (21.53%), Fat: 31.37g (48.26%), Saturated Fat: 11.22g (70.11%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 10.26g (3.73%), Sugar: 6.77g (7.52%), Cholesterol: 88.83mg (29.61%), Sodium: 1460.22mg (63.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.07%), Vitamin K: 45.06µg (42.92%), Selenium: 24.54µg (35.05%), Vitamin B1: 0.51mg (33.88%), Vitamin B3: 5.86mg (29.31%), Vitamin B12: 1.68µg (28.03%), Zinc: 3.97mg (26.46%), Vitamin C: 21.25mg (25.76%), Phosphorus: 249.88mg (24.99%), Vitamin B6: 0.49mg (24.32%), Vitamin A: 1208.67IU (24.17%), Folate: 95.4µg (23.85%), Manganese: 0.41mg (20.29%), Potassium: 667.99mg (19.09%), Iron: 3.18mg (17.67%), Vitamin B2: 0.24mg (14.05%), Fiber: 3.28g (13.14%), Magnesium: 47.89mg (11.97%), Copper: 0.21mg (10.53%), Vitamin B5: 0.91mg (9.1%), Calcium: 63.11mg (6.31%), Vitamin E: 0.44mg (2.96%)