



Chilled Beet-and-Fennel Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beets
- ☐ 1.8 cups fennel bulb fresh chopped
- ☐ 2 teaspoons fennel seeds
- ☐ 1.5 cups buttermilk low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 0.3 cup water

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ ladle

☐ sieve

☐ blender

Directions

☐ Leave root and 1 inch of stem on beets; scrub with a brush.

☐ Place beets and fennel seeds in a medium saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 35 minutes or until tender.

☐ Drain beets through a fine sieve into a bowl, reserving fennel seeds and 3 cups cooking liquid. Rinse beets under cold water; drain. Peel beets; cut into 1/2-inch cubes, reserving 3/4 cup for garnish.

☐ Combine remaining beets, reserved cooking liquid, and fennel seeds in a bowl; set aside.

☐ Combine 1/4 cup water and oil in a medium nonstick skillet; place over medium-high heat until hot.

☐ Add fennel bulb and onion; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.

☐ Combine fennel bulb mixture, beet mixture, buttermilk, salt, and pepper in a food processor or blender; process until smooth.

☐ Pour soup into a bowl; cover and chill thoroughly. Ladle 3/4 cup soup into individual bowls, and top with 2 tablespoons reserved beets.

Nutrition Facts



■ PROTEIN 15.01% ■ FAT 28.24% ■ CARBS 56.75%

Properties

Glycemic Index:28, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:7.8708695950715%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 98.18kcal (4.91%), Fat: 3.28g (5.05%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 11.2g (4.07%), Sugar: 10.11g (11.24%), Cholesterol: 2.4mg (0.8%), Sodium: 356.96mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Folate: 97.33µg (24.33%), Manganese: 0.39mg (19.37%), Vitamin K: 17.79µg (16.95%), Fiber: 3.64g (14.57%), Potassium: 492.75mg (14.08%), Vitamin C: 9.46mg (11.47%), Calcium: 109.04mg (10.9%), Phosphorus: 107.44mg (10.74%), Magnesium: 33.78mg (8.45%), Vitamin B2: 0.14mg (8.26%), Vitamin B6: 0.12mg (5.92%), Iron: 1.02mg (5.68%), Copper: 0.1mg (5.02%), Zinc: 0.64mg (4.27%), Vitamin B1: 0.06mg (4.1%), Vitamin B5: 0.38mg (3.75%), Vitamin E: 0.55mg (3.66%), Selenium: 2.04µg (2.92%), Vitamin B3: 0.52mg (2.61%), Vitamin B12: 0.13µg (2.2%), Vitamin A: 89.04IU (1.78%)