



Chilled Beet Soup with Chives

 Vegetarian  Gluten Free

READY IN



43 min.

SERVINGS



4

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 30 ounce beets with liquid sliced
- 2 cups buttermilk
- 3 medium carrots peeled chopped
- 4 servings garnish: chives and cream fresh sour chopped
- 1 tablespoon honey
- 2 tablespoons olive oil for frying
- 1 onion finely chopped
- 3 tablespoons raspberry vinegar

4 servings salt and pepper

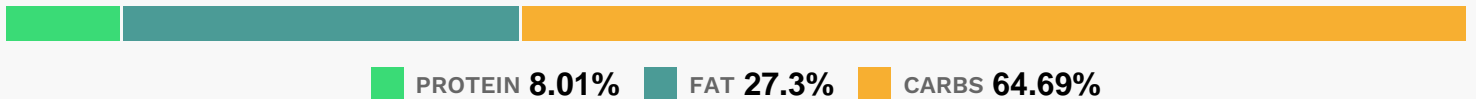
Equipment

- bowl
- frying pan
- ladle
- blender

Directions

- In a large nonstick skillet, heat oil over low heat.
- Add carrots and onion. Cover; cook over medium low heat until vegetables are just tender, stirring occasionally, about 15 minutes.
- Add vinegar, cover and cook until vegetables are very tender, about 10 minutes longer, or until the vinegar has reduced. Working in batches, add beets with their liquid, honey, and carrot mixture to blender. Puree.
- Transfer to large bowl.
- Mix in buttermilk. Season with salt and pepper. Chill until cold, about 3 hours. (Can be made 2 days ahead, covered and chilled.)
- To serve, ladle into bowls or mugs. Top with chives and sour cream.

Nutrition Facts



Properties

Glycemic Index:57.53, Glycemic Load:13.52, Inflammation Score:-10, Nutrition Score:20.869130519421%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.41mg, Quercetin: 6.41mg

6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 229.72kcal (11.49%), Fat: 7.61g (11.7%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 32.47g (11.81%), Sugar: 25.58g (28.42%), Cholesterol: 16.95mg (5.65%), Sodium: 398.37mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin A: 7941.53IU (158.83%), Vitamin C: 62.48mg (75.74%), Folate: 270.78µg (67.69%), Manganese: 0.85mg (42.4%), Fiber: 8.08g (32.31%), Potassium: 1028.48mg (29.39%), Magnesium: 66.19mg (16.55%), Vitamin B6: 0.3mg (15.06%), Phosphorus: 128.61mg (12.86%), Iron: 2.06mg (11.46%), Copper: 0.21mg (10.74%), Vitamin B2: 0.17mg (9.85%), Vitamin B1: 0.14mg (9.4%), Vitamin K: 7.9µg (7.52%), Calcium: 73.9mg (7.39%), Vitamin B5: 0.69mg (6.9%), Zinc: 1.01mg (6.76%), Vitamin B3: 1.32mg (6.59%), Vitamin E: 0.92mg (6.1%), Selenium: 2.3µg (3.28%), Vitamin D: 0.24µg (1.6%)