



Chilled Buttermilk Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups buttermilk chilled well-shaken
- ☐ 1 cup cucumber seedless chopped (usually plastic-wrapped)
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 cup pickled beets chopped
- ☐ 0.5 cup radishes chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour

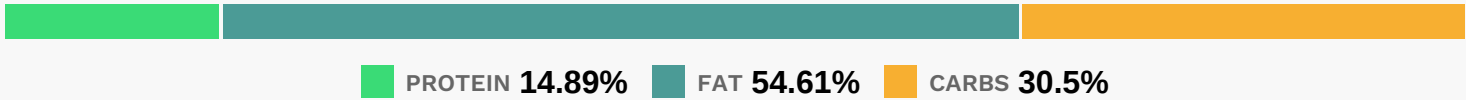
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together buttermilk, sour cream, and salt in a bowl, then stir in remaining ingredients.
Chill 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.81, Inflammation Score:-5, Nutrition Score:9.2691304839176%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 188.01kcal (9.4%), Fat: 11.64g (17.91%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 13.5g (4.91%), Sugar: 12.81g (14.23%), Cholesterol: 36.76mg (12.25%), Sodium: 577.34mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Calcium: 250.79mg (25.08%), Vitamin B2: 0.39mg (22.93%), Phosphorus: 191.35mg (19.13%), Vitamin D: 2.34µg (15.6%), Vitamin B12: 0.89µg (14.81%), Potassium: 415.38mg (11.87%), Selenium: 8.1µg (11.57%), Vitamin A: 530.06IU (10.6%), Vitamin B5: 0.94mg (9.39%), Manganese: 0.17mg (8.31%), Magnesium: 33.05mg (8.26%), Folate: 28.37µg (7.09%), Vitamin B1: 0.1mg (6.9%), Zinc: 0.96mg (6.42%), Vitamin B6: 0.12mg (6.09%), Vitamin C: 4.88mg (5.91%), Iron: 0.99mg (5.47%), Vitamin K: 5.51µg (5.25%), Copper: 0.09mg (4.68%), Fiber: 1.13g (4.52%), Vitamin E: 0.26mg (1.71%), Vitamin B3: 0.32mg (1.6%)