



Chilled Strawberry & Beet Consommé with Horseradish Oil



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.5 teaspoon pepper red crushed to taste
- ☐ 0.5 cup horseradish fresh grated
- ☐ 0.5 lemon zest
- ☐ 0.5 cup very olive oil good extra-virgin for drizzling
- ☐ 1 orange zest
- ☐ 1 pint strawberries washed and dried

- ☐ 8 cup vegetable stock
- ☐ 2 cup white wine
- ☐ 0.3 cup citrus champagne vinegar

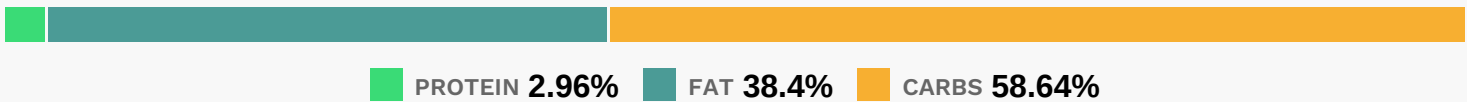
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Place beets, strawberries, shallots, celery, orange zest, red pepper flakes, cinnamon, white wine, vinegar, and vegetable stock in a large stock pot, set over medium low heat. Bring to a boil, simmer and reduce to 4 cups, about 1 ½ hours.
- ☐ Remove from heat and let liquid steep for at least 1 hour before straining though fine mesh sieve. Chill liquid well and season with salt and white pepper to taste. Consommé may be made up to one day ahead, stored covered and refrigerated.
- ☐ Add ½ cup grated fresh horseradish, olive oil, and lemon zest to a small saucepan set over medium-low heat. Bring oil to a simmer for 5 minutes. turn of heat and let oil steep for at least 1 hour. Strain oil through fine sieve. May be made up to one day ahead, stored covered and refrigerated. To serve divide tiny dice of strawberries (if using) between 6 chilled soup bowls or 16 shot sized glasses.
- ☐ Pour the consommé on top.
- ☐ Drizzle with horseradish oil to taste just before before serving, garnish with mint, chives or an herb of you choice.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:3.92, Inflammation Score:-7, Nutrition Score:7.0256521468577%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 144.3kcal (7.22%), Fat: 3.87g (5.96%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.1g (4.04%), Sugar: 7.33g (8.15%), Cholesterol: 0mg (0%), Sodium: 1261.87mg (54.86%), Alcohol: 8.24g (100%), Alcohol %: 2% (100%), Protein: 0.67g (1.34%), Vitamin C: 49.81mg (60.37%), Manganese: 0.51mg (25.37%), Vitamin A: 736.65IU (14.73%), Fiber: 2.21g (8.84%), Vitamin E: 0.83mg (5.54%), Potassium: 192.18mg (5.49%), Folate: 20.47µg (5.12%), Magnesium: 19.76mg (4.94%), Vitamin K: 4.58µg (4.36%), Vitamin B6: 0.09mg (4.29%), Iron: 0.7mg (3.9%), Phosphorus: 35.48mg (3.55%), Calcium: 30.74mg (3.07%), Copper: 0.05mg (2.4%), Vitamin B3: 0.44mg (2.19%), Vitamin B2: 0.03mg (1.96%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.23mg (1.56%), Vitamin B5: 0.15mg (1.5%)