



Chilled Summer Borscht

 Vegetarian  Gluten Free

READY IN



72 min.

SERVINGS



12

CALORIES



59 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound beets (3 to 4 medium)
- 1 Sprigs optional: dill fresh for garnish, optional
- 2 tablespoons olive oil
- 1 cup yogurt plain (not nonfat)
- 1 medium onion red chopped
- 0.3 cup red wine vinegar
- 12 servings salt and pepper black freshly ground
- 4 cups vegetable broth low-sodium

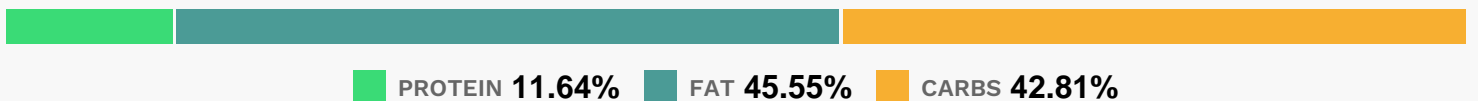
Equipment

- bowl
- whisk
- pot
- blender

Directions

- Warm oil in a large pot over medium heat.
- Add onion and cook, stirring occasionally, until softened, 6 to 8 minutes. Trim and peel beets.
- Cut each into eighths. Stir beets into pot and pour in broth. Raise heat to medium-high, add 1/4 tsp. salt, cover and bring to a simmer.
- Remove cover, reduce heat to medium to maintain a simmer and cook until beets are tender and amount of liquid has reduced, about 45 minutes.
- Remove from heat and let cool slightly.
- Working in batches, puree soup in a blender until smooth.
- Transfer to a large bowl. Cover and refrigerate until thoroughly chilled, at least 2 hours.
- Whisk in yogurt. Stir in vinegar and season well with salt and pepper.
- Serve in chilled bowls, garnished with sprigs of fresh dill, if desired.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:2.02, Inflammation Score:-2, Nutrition Score:2.8256521879331%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 59.21kcal (2.96%), Fat: 3.07g (4.73%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.23g (4.7%), Cholesterol: 2.65mg (0.88%), Sodium: 39.72mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Folate: 44.41µg (11.1%), Manganese: 0.15mg (7.61%), Fiber: 1.58g (6.3%), Potassium: 171.29mg (4.89%), Phosphorus: 37.74mg (3.77%), Calcium: 33.66mg (3.37%), Vitamin C: 2.67mg (3.24%), Magnesium: 12.44mg (3.11%), Vitamin B2: 0.05mg (2.75%), Vitamin E: 0.37mg (2.44%), Vitamin B6: 0.04mg (2.16%), Iron: 0.38mg (2.1%), Zinc: 0.27mg (1.81%), Copper: 0.04mg (1.78%), Vitamin K: 1.72µg (1.64%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.46%), Vitamin B12: 0.08µg (1.26%), Selenium: 0.76µg (1.09%)