



## Chlodnik - Cold Polish Beet Soup



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 beets with leaves and stems – beets peeled and chopped, leaves sliced
- ☐ 1 pint buttermilk
- ☐ 1 cup chicken stock see
- ☐ 1 small cucumber grated
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 3 small green onions thinly sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 hard-cooked egg chopped

- ☐ 0.3 juice of lemon juiced
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 servings water to cover

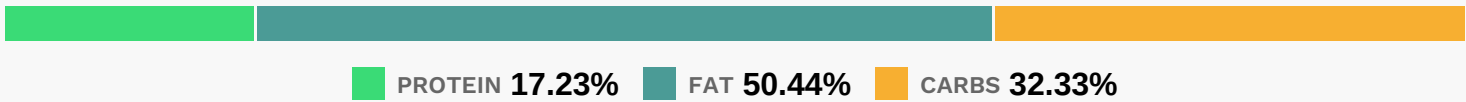
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

## Directions

- ☐ Cover beets with water in a pot and bring to a boil; cook until tender about 15 minutes.
- ☐ Remove from heat and stir in chicken stock. Allow beets to cool.
- ☐ Mix cucumber, egg, dill, and green onions in a bowl.
- ☐ Whisk buttermilk and sour cream until smooth in another bowl. Stir egg mixture and buttermilk mixture into cooled beets. Cover and refrigerate at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:4.65, Inflammation Score:-7, Nutrition Score:12.295217441476%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

## Nutrients (% of daily need)

Calories: 206.49kcal (10.32%), Fat: 11.77g (18.11%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.73g (5.36%), Sugar: 12.7g (14.11%), Cholesterol: 78.4mg (26.13%), Sodium: 298.07mg (12.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Vitamin B2: 0.42mg (24.52%), Folate:

97.52µg (24.38%), Calcium: 207.7mg (20.77%), Phosphorus: 197.56mg (19.76%), Vitamin A: 831.03IU (16.62%), Manganese: 0.33mg (16.5%), Potassium: 573.13mg (16.38%), Selenium: 11.12µg (15.88%), Vitamin B12: 0.74µg (12.39%), Vitamin D: 1.81µg (12.09%), Vitamin C: 9.66mg (11.71%), Vitamin K: 12.08µg (11.51%), Magnesium: 43.09mg (10.77%), Copper: 0.19mg (9.67%), Vitamin B5: 0.94mg (9.36%), Fiber: 2.25g (9%), Vitamin B6: 0.18mg (8.94%), Vitamin B1: 0.13mg (8.47%), Zinc: 1.12mg (7.47%), Vitamin B3: 1.4mg (6.98%), Iron: 1.25mg (6.94%), Vitamin E: 0.4mg (2.68%)