



## Chunky Borscht

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups beets diced canned drained (one 15-ounce can)
- 3.5 cups beef broth low-sodium homemade canned
- 1.5 cups canned tomatoes diced canned drained (one 15-ounce can)
- 0.8 pound celery root peeled cut into 1/2-inch chunks
- 2 tablespoons cooking oil
- 0.3 cup optional: dill fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.5 pound kielbasa halved lengthwise sliced

- 1 onion chopped
- 2 parsnips peeled cut into thin slices
- 1.8 teaspoons salt
- 0.3 cup cup heavy whipping cream sour
- 1 turnip peeled cut into 1/2-inch chunks
- 3 cups water

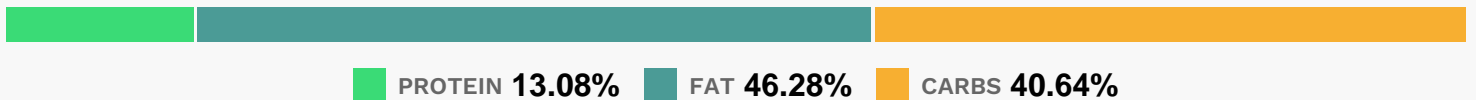
## Equipment

- sauce pan

## Directions

- In a large saucepan, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the parsnips, celery root, turnip, and 1 teaspoon of the salt. Cover and cook until the vegetables start to soften, about 5 minutes.
- Add the beets, tomatoes, broth, water, the remaining 3/4 teaspoon salt, and the pepper. Bring to a boil.
- Add the kielbasa. Reduce the heat and simmer, uncovered, until the vegetables are tender, about 15 minutes. Stir in the 1/3 cup dill.
- Serve topped with the sour cream and the remaining 3 tablespoons dill.
- Wine Recommendation: California sauvignon blanc has enough intensity of taste to stand up to the borscht, and the subtly herbal nature of its flavor will accentuate the dill nicely.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:11.24, Inflammation Score:-8, Nutrition Score:26.682173770407%

## Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.08mg, Isorhamnetin: 3.08mg, Isorhamnetin: 3.08mg, Isorhamnetin: 3.08mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

## Nutrients (% of daily need)

Calories: 506.5kcal (25.33%), Fat: 27.01g (41.56%), Saturated Fat: 8g (50%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 44.27g (16.1%), Sugar: 24.37g (27.08%), Cholesterol: 48.17mg (16.06%), Sodium: 2318.06mg (100.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.36%), Vitamin K: 63.01µg (60.01%), Manganese: 1.16mg (57.9%), Vitamin C: 43.4mg (52.61%), Potassium: 1643.72mg (46.96%), Fiber: 9.09g (36.36%), Vitamin B1: 0.51mg (33.76%), Phosphorus: 308.19mg (30.82%), Folate: 118.86µg (29.72%), Vitamin B6: 0.58mg (29.23%), Copper: 0.58mg (28.85%), Vitamin E: 3.96mg (26.39%), Magnesium: 94.31mg (23.58%), Vitamin B3: 4.71mg (23.57%), Iron: 3.95mg (21.96%), Selenium: 14.6µg (20.85%), Vitamin B2: 0.33mg (19.29%), Zinc: 2.61mg (17.38%), Calcium: 159.26mg (15.93%), Vitamin B5: 1.59mg (15.88%), Vitamin A: 643.81IU (12.88%), Vitamin B12: 0.59µg (9.76%)