



Five-Spice Beet Soup



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



76 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon five spice powder chinese ()
- ☐ 8 inch beets trimmed unpeeled scrubbed cut into 6 wedges (3 1/2 cups)
- ☐ 1 celery stalks with leaves, stalk chopped, leaves sliced
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion red thinly sliced
- ☐ 4 servings yogurt plain sour
- ☐ 3 cups vegetable stock divided

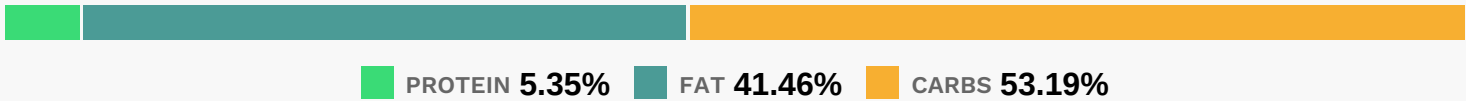
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ microwave

Directions

- ☐ Place beet wedges in 4-cup glassmeasuring cup.
- ☐ Add 2 cups broth; coverwith paper plate and microwave on highuntil tender, about 15 minutes.
- ☐ Meanwhile, heat oil in heavy mediumsaucepan over medium heat.
- ☐ Add onionand chopped celery stalk; cover andcook until almost tender and translucent,stirring often, about 12 minutes.
- ☐ Add beet mixture and 1 cup brothto onion mixture; cover and simmer 4minutes.
- ☐ Mix in ginger and 1/4 teaspoonfive-spice powder.
- ☐ Transfer to blender;cover and puree. Season soup to tastewith salt, pepper, and additional five-spicepowder, if desired; rewarm if necessary.Ladle soup into 4 bowls. Top with dolloposof sour cream and sliced celery leaves.
- ☐ *A spice blend available in the spicesection of most supermarkets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:2.93, Inflammation Score:-5, Nutrition Score:2.969565200012%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.25mg, Quercetin:
16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 76.33kcal (3.82%), Fat: 3.67g (5.65%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 10.59g (3.53%), Net
Carbohydrates: 9.02g (3.28%), Sugar: 5.31g (5.9%), Cholesterol: 0.13mg (0.04%), Sodium: 713.66mg (31.03%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin A: 384.95IU (7.7%), Vitamin C: 6.31mg
(7.65%), Manganese: 0.13mg (6.45%), Fiber: 1.57g (6.3%), Folate: 21.3µg (5.33%), Vitamin B6: 0.1mg (5.18%),
Potassium: 145.25mg (4.15%), Vitamin E: 0.53mg (3.52%), Phosphorus: 27.86mg (2.79%), Vitamin B1: 0.04mg
(2.66%), Vitamin K: 2.73µg (2.6%), Magnesium: 10.25mg (2.56%), Calcium: 22.63mg (2.26%), Copper: 0.04mg (2%),
Iron: 0.33mg (1.83%), Vitamin B2: 0.03mg (1.57%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.12mg (1.17%)