



How to Make Beef Borscht

 Gluten Free

READY IN



290 min.

SERVINGS



8

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 1 slice beef shanks bone-in ()
- 3 cups beets diced peeled
- 2 cups cabbage chopped
- 1 cup carrots chopped
- 0.5 cup celery chopped
- 2 tablespoons optional: dill fresh chopped for garnish
- 8 servings salt and ground pepper black to taste

- 1 onion chopped
- 1 cup heavy whipping cream sour for garnish
- 3 quarts water
- 0.3 cup vinegar white to taste

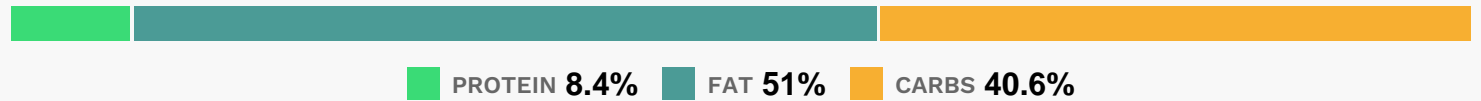
Equipment

- pot

Directions

- Cook beef shank in a large soup pot over high heat until browned, about 3 minutes per side; add water, onion, carrots, celery, and bay leaf to the pot, bring to a simmer and cook until meat is tender and falling off the bone, about 4 hours. Strain broth and discard solids.
- Combine beef broth, beets, and cabbage in a large soup pot; cook, stirring occasionally, until beets are tender, about 30 minutes. Reduce heat to low; add vinegar, salt, and black pepper.
- Serve garnished with sour cream and dill.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:8.5591304716857%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 98.1kcal (4.91%), Fat: 5.75g (8.85%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 7.63g (2.77%), Sugar: 6.42g (7.13%), Cholesterol: 17.01mg (5.67%), Sodium: 86.55mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin A: 2923.71IU (58.47%), Folate: 72.96µg (18.24%), Vitamin K: 18.01µg (17.16%), Vitamin C: 11.41mg (13.83%), Manganese: 0.27mg (13.28%), Fiber: 2.68g

(10.72%), Potassium: 321.9mg (9.2%), Calcium: 67.07mg (6.71%), Magnesium: 24.58mg (6.15%), Copper: 0.12mg (6.02%), Phosphorus: 58.71mg (5.87%), Vitamin B6: 0.11mg (5.61%), Vitamin B2: 0.09mg (5.48%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.38%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.42mg (2.82%), Selenium: 1.65µg (2.36%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.06µg (1.08%)