



Kazakh Beef Soup

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large baking potatoes cubed peeled
- 3 beef soup bones
- 1 tablespoon chile sauce hot to taste
- 2 tablespoons olive oil divided
- 1 onion chopped
- 6 servings salt to taste
- 16 ounce sauerkraut rinsed drained
- 0.3 cup cup heavy whipping cream sour

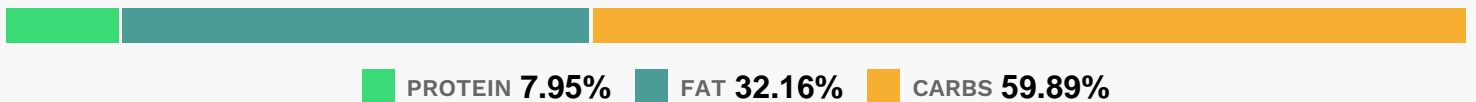
Equipment

- bowl
- frying pan
- ladle
- pot

Directions

- Place soup bones in a stock pot with enough water to cover them by 2 inches. Bring to a boil, and cook uncovered for about 1 hour to make a beef stock.
- Remove bones, and cool.
- Heat one tablespoon of oil in a large skillet.
- Saute sauerkraut for a few minutes, then add just enough water to cover the sauerkraut, cover the pan, and let simmer over low heat for about 30 minutes, until the sour taste is gone.
- Drain, and set aside.
- Heat remaining olive oil in a small skillet over medium-high heat.
- Saute onion in the hot oil until tender.
- When the bones are out of the stock, add potatoes, and boil for about 15 minutes, until potatoes are tender. Stir in the sauerkraut, onions, and any meat that can be picked from the bones. Season with chili sauce and salt to taste. Simmer over low heat for about 15 minutes. Ladle into bowls, and serve with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:23.96, Glycemic Load:18.19, Inflammation Score:-4, Nutrition Score:9.3217391902986%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 182.38kcal (9.12%), Fat: 6.75g (10.38%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 24.06g (8.75%), Sugar: 3.7g (4.12%), Cholesterol: 5.65mg (1.88%), Sodium: 842.65mg (36.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin B6: 0.55mg (27.43%), Vitamin C: 19.57mg (23.72%), Potassium: 680.26mg (19.44%), Fiber: 4.22g (16.87%), Manganese: 0.33mg (16.62%), Vitamin K: 15.07µg (14.35%), Iron: 2.24mg (12.46%), Copper: 0.21mg (10.41%), Magnesium: 40.91mg (10.23%), Folate: 39.42µg (9.86%), Phosphorus: 95.37mg (9.54%), Vitamin B1: 0.13mg (8.47%), Vitamin B3: 1.41mg (7.06%), Vitamin E: 0.83mg (5.53%), Calcium: 52.73mg (5.27%), Vitamin B5: 0.5mg (4.95%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.56mg (3.76%), Selenium: 1.39µg (1.99%), Vitamin A: 74.91IU (1.5%)