



Nina's Russian Cold Beet Soup (Kholdnyk)



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



5

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce beets with liquid sliced canned
- ☐ 1 cucumber – diced peeled seeded quartered
- ☐ 4 cups buttermilk fat-free
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 green onions chopped
- ☐ 0.5 teaspoon salt to taste
- ☐ 2 tablespoons vinegar white to taste

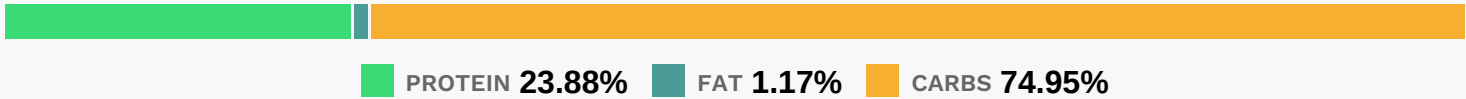
Equipment

☐ bowl

Directions

- ☐ Mix the buttermilk, cucumber, beets with their juice, green onions, dill, salt, and vinegar in a bowl; stir to mix thoroughly, and chill, covered, in refrigerator at least 2 hours or overnight for best flavor.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:4.5956521759862%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 137.93kcal (6.9%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 24.67g (8.97%), Sugar: 19.82g (22.02%), Cholesterol: 3.79mg (1.26%), Sodium: 535.98mg (23.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Vitamin K: 19.48µg (18.55%), Manganese: 0.25mg (12.43%), Vitamin C: 7.64mg (9.26%), Folate: 36.21µg (9.05%), Copper: 0.15mg (7.4%), Potassium: 200.63mg (5.73%), Magnesium: 21.56mg (5.39%), Fiber: 1.29g (5.16%), Calcium: 48.41mg (4.84%), Vitamin B6: 0.08mg (3.89%), Vitamin B2: 0.06mg (3.65%), Vitamin A: 169.01IU (3.38%), Iron: 0.6mg (3.34%), Phosphorus: 30.08mg (3.01%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.08%), Selenium: 0.99µg (1.41%), Vitamin B3: 0.28mg (1.38%)