



Russian Green Bean and Potato Soup

READY IN



55 min.

SERVINGS



6

CALORIES



204 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups beef broth
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.5 pound green beans cut into 1 inch pieces
- ☐ 1 large onion halved thinly sliced
- ☐ 4 potatoes red cubed
- ☐ 6 servings salt and pepper to taste
- ☐ 0.8 cup sauerkraut with juice
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon vegetable oil

2 tablespoons flour whole-wheat

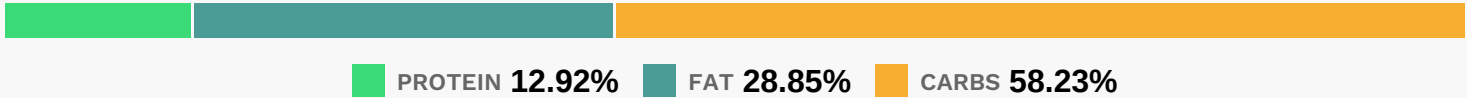
Equipment

sauce pan

Directions

- Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes.
- Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes.
- Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes more before serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:12.50130432585%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 204.44kcal (10.22%), Fat: 6.82g (10.49%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 26.33g (9.58%), Sugar: 5.1g (5.67%), Cholesterol: 11.31mg (3.77%), Sodium: 1089.97mg (47.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Potassium: 933.49mg (26.67%), Vitamin C: 21.51mg (26.08%), Vitamin K: 27.28µg (25.98%), Manganese: 0.46mg (22.96%), Vitamin B6: 0.39mg (19.26%), Fiber: 4.63g (18.5%), Vitamin B3: 3.66mg (18.29%), Phosphorus: 160.72mg (16.07%), Magnesium: 54.65mg (13.66%), Folate: 53.32µg (13.33%), Copper: 0.26mg (12.82%), Iron: 2.18mg (12.13%), Vitamin B1: 0.18mg (12.06%), Vitamin B2: 0.17mg (10.13%), Vitamin A: 399.21IU (7.98%), Calcium: 71.67mg (7.17%), Selenium: 4.72µg (6.74%),

Vitamin B5: 0.65mg (6.47%), Zinc: 0.76mg (5.07%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.18µg (3%)