



Rye Berry Borscht

 Vegetarian  Dairy Free

READY IN



645 min.

SERVINGS



8

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cracked rye berries uncooked
- 4 cups water
- 3 cups cabbage green chopped
- 1.3 lb beets peeled chopped (3 cups)
- 1 cup celery stalks chopped
- 1 cup potatoes cubed peeled
- 0.5 cup carrots chopped
- 0.5 cup onion chopped

- 2 cloves garlic finely chopped
- 28 oz tomatoes diced undrained canned
- 4 cups water
- 19 oz cannellini beans rinsed drained canned
- 3 tablespoons honey
- 1.5 teaspoons salt
- 0.5 teaspoon caraway seeds
- 0.3 teaspoon pepper

Equipment

- dutch oven

Directions

- In 5-quart nonstick Dutch oven, soak rye berries in 4 cups water in refrigerator at least 8 hours but no longer than 24 hours.
- Heat rye berries in water to boiling over high heat. Reduce heat to low. Cover; simmer about 45 minutes or until chewy but tender.
- Drain.
- In same Dutch oven, heat cooked rye berries, cabbage, beets, celery, potato, carrot, onion, garlic, tomatoes and 4 cups water to boiling over high heat. Reduce heat to low. Cover; cook 45 minutes.
- Stir in beans, honey, salt, caraway seed and pepper. Cover; cook 30 to 45 minutes until vegetables are tender.

Nutrition Facts



PROTEIN 15.67% **FAT 3.61%** **CARBS 80.72%**

Properties

Glycemic Index:55.36, Glycemic Load:14.2, Inflammation Score:-9, Nutrition Score:18.166087046913%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 284.13kcal (14.21%), Fat: 1.23g (1.89%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 49.65g (18.06%), Sugar: 15.84g (17.6%), Cholesterol: 0mg (0%), Sodium: 671.19mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.97%), Fiber: 12.08g (48.3%), Manganese: 0.81mg (40.27%), Folate: 152.61µg (38.15%), Vitamin C: 29.38mg (35.61%), Vitamin A: 1559.96IU (31.2%), Iron: 5.2mg (28.89%), Vitamin K: 30.33µg (28.89%), Potassium: 960.43mg (27.44%), Magnesium: 77.24mg (19.31%), Copper: 0.37mg (18.42%), Vitamin B6: 0.36mg (18.12%), Phosphorus: 141.26mg (14.13%), Calcium: 138.36mg (13.84%), Vitamin B1: 0.18mg (12.19%), Zinc: 1.38mg (9.17%), Vitamin E: 1.37mg (9.13%), Vitamin B2: 0.15mg (8.57%), Vitamin B3: 1.51mg (7.54%), Vitamin B5: 0.56mg (5.61%), Selenium: 2.13µg (3.04%)