



 **24%**
HEALTH SCORE

Vegan Beet Borscht

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small beets chopped
- 1 carrots grated
- 2 onion diced
- 0.5 cup celery root grated chopped (or , as you wish)
- 1 tbsp unrefined sunflower oil
- 3 tbsp vinegar
- 0.5 cup celery leaves chopped (or lovage leaves)
- 8 servings sea salt to taste

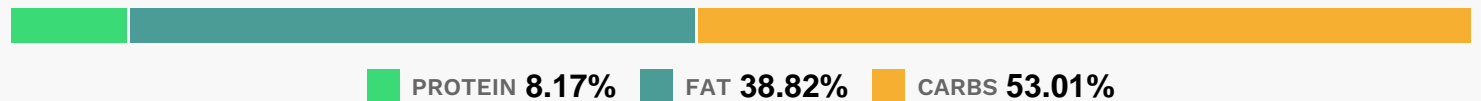
- 0.3 tsp pepper
- 8 servings parsley chopped for garnish

Equipment

Directions

- Go to my blog for the full instructions: <http://gourmandelle.com/vegan-beetroot-borscht/>

Nutrition Facts



Properties

Glycemic Index:39.85, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:7.5895652173913%

Flavonoids

Apigenin: 9.28mg, Apigenin: 9.28mg, Apigenin: 9.28mg, Apigenin: 9.28mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Taste

Sweetness: 100%, Saltiness: 31.49%, Sourness: 6.18%, Bitterness: 34.06%, Savoriness: 0%, Fattiness: 40.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 42.45kcal (2.12%), Fat: 1.9g (2.92%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 231.41mg (10.06%), Protein: 0.9g (1.8%), Vitamin K: 75.3µg (71.71%), Vitamin A: 1681.28IU (33.63%), Vitamin C: 9.5mg (11.52%), Folate: 29.09µg (7.27%), Manganese: 0.13mg (6.42%), Fiber: 1.51g (6.03%), Vitamin E: 0.88mg (5.9%), Potassium: 186.13mg (5.32%), Vitamin B6: 0.08mg (4.03%), Phosphorus: 31.83mg (3.18%), Magnesium: 11.6mg (2.9%), Iron: 0.51mg (2.85%), Calcium: 26.79mg (2.68%), Vitamin B1: 0.03mg (2.14%), Copper: 0.04mg (2.04%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.16mg (1.57%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.19mg (1.29%)