



Winter Borscht

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



205 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups beef broth
- 4 large beets peeled chopped
- 2 cups cabbage thinly sliced
- 3 tablespoons red wine vinegar
- 2 large russet potatoes peeled cut into 1/2-inch cubes
- 6 servings salt and pepper black freshly ground

Equipment

- bowl

ladle

pot

Directions

Put the broth, beets and potatoes in a large heavy-bottomed pot and bring it to a boil, then reduce the heat to a simmer. Cover and cook until the vegetables are just tender, about 20 minutes. Uncover and stir in the cabbage and red wine vinegar. Season, to taste, with salt and pepper (taste for sodium levels in the broth before salting). Simmer for another 15 minutes, stirring occasionally. Ladle the soup into serving bowls and serve warm. Enjoy!

Nutrition Facts

 **PROTEIN 17.88%**  **FAT 4.81%**  **CARBS 77.31%**

Properties

Glycemic Index:37.46, Glycemic Load:25.68, Inflammation Score:-7, Nutrition Score:17.270000024982%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 205.05kcal (10.25%), Fat: 1.14g (1.75%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 33.84g (12.31%), Sugar: 13.77g (15.3%), Cholesterol: 0mg (0%), Sodium: 1342.81mg (58.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Folate: 231.32µg (57.83%), Manganese: 0.88mg (43.76%), Potassium: 1318.96mg (37.68%), Vitamin B6: 0.61mg (30.35%), Vitamin C: 24.47mg (29.67%), Fiber: 7.28g (29.14%), Vitamin B3: 4.43mg (22.15%), Magnesium: 79.67mg (19.92%), Vitamin K: 20.47µg (19.5%), Phosphorus: 188.61mg (18.86%), Iron: 3.21mg (17.81%), Copper: 0.27mg (13.46%), Vitamin B1: 0.18mg (11.85%), Vitamin B2: 0.19mg (11.17%), Vitamin B5: 0.77mg (7.66%), Calcium: 74.43mg (7.44%), Zinc: 1.04mg (6.91%), Selenium: 4.08µg (5.82%), Vitamin B12: 0.22µg (3.73%), Vitamin A: 84.48IU (1.69%)