

Super Healthy Beetroot Soup

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

30.4
Kcal / 100.0

66.6% Carbs
17.5% Protein
15.9% Fat

EU Label values per 100.0

Serves 4

	PER 100.0	%RI	PER 415 SERVING	%RI	
Energy(Kj)	140 kJ	2%	581 kJ	7%	CONTAINS:
Energy(Kcal)	33 kcal	2%	138 kcal	7%	
Fat	0.5 g	1%	2.2 g	3%	
of which saturates	0.2 g	1%	0.7 g	4%	MAY CONTAIN:
Carbohydrate	5.1 g	2%	21 g	8%	
of which sugars	4.3 g	5%	18 g	20%	
Fibre	1.4 g	6%	5.8 g	23%	OTHER PROPERTIES:
Protein	1.3 g	3%	5.5 g	11%	
Salt	0.48 g	8%	2 g	33%	

CELERY

MUSTARD

MILK

SULPHITES

VEGETARIAN

Energy	Lipid Components	Vitamins
Energy(Kcal) 2% RI30.4kcal	Saturated Fat 1% RI0.16g	Vitamin A (ret eq) 16% RI131ug
Energy(Kj) 2% RI128kJ	Monounsaturated fat 1% RI0.2g	Retinol2ug
Macronutrients	cis-Mono0.14g	Carotene764ug
Carbohydrate 2% RI5.1g	Polyunsaturated fat 1% RI0.13g	Vitamin D0.02g
Protein 3% RI1.3g	Omega3(n-3) 1% RI0.03g	Vitamin E 1% RI0.12mg
Fat 1% RI0.54g	Omega6(n-6) 0% RI0.03g	Vitamin K 1 2% RI1.3ug
Water91g	cis-Poly0.05g	Thiamin (B1) 4% RI0.04mg
Water from Drinks	Trans-fatty acids0.01g	Riboflavin (B2) 2% RI0.03mg
Alcohol	Cholesterol0.8mg	Niacin total (B3) 3% RI0.45mg
Carbohydrate	Minerals & trace elements	Niacin0.18mg
Starch0.27g	Sodium 8% RI193mg	Tryptophan17mg
Oligosaccharide0.24g	Potassium 7% RI138mg	Pantothenic Acid (B5) 2% RI0.1mg
Fibre 6% RI1.4g	Chloride 39% RI309mg	Vitamin B 6 4% RI0.05mg
NSP0.98g	Calcium 4% RI34.6mg	Folates (B9) Total 14% RI27.7ug
Sugars 5% RI4.3g	Phosphorus 5% RI36.5mg	Vitamin B 12 1% RI0.01ug
Glucose0.68g	Magnesium 2% RI7.2mg	Biotin (B7) 1% RI0.41ug
Galactose0.22g	Iron 4% RI0.51mg	Vitamin C 3% RI2.5mg
Fructose0.52g	Zinc 2% RI0.21mg	Other
Sucrose2.5g	Copper 3% RI0.03mg	GI (estimated)41
Maltose0.25mg	Manganese 13% RI0.25mg	GL1.9
Lactose0.32g	Selenium 1% RI0.42ug	
	Iodine 4% RI5.4ug	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Oil, rapeseed	2.4	(auto-calculated)	0.00
Cumin seeds, whole or ground	2	1x teaspoon	0.00
Onions, raw	240	1x large	0.00
Bay leaf, dried	1.4	2x average	0.00
Sea Salt	1	1x 1g	0.00
Pepper, black	0.2	2x average sprinkle	0.00
Horseradish, raw	2.5		0.00
Beetroot, raw	500	6.3x beet	0.00
Mustard seeds	2	1x teaspoon	0.00
Fennel seeds	2	1x teaspoon	0.00
Vegetable stock, homemade	1000	0x cup	0.00
Cider Vinegar	11.4	1x tablespoon	0.00
Yogurt, whole milk, plain	120		0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	415	126	0.00	

Ingredient List (QUID) ...

Vegetable stock homemade (60.3%) (**Celery**), Beetroot (30.1%), Onions (14.5%), Yogurt (7.2%) (**Milk**), Cider vinegar (0.69%), Horseradish (0.15%), Rapeseed oil (0.14%), Fennel seeds (0.12%), Cumin seeds (0.12%), **Mustard** seeds (0.12%), Dried bay leaf (0.08%), Salt (0.06%), Black pepper (0.01%)
For allergens, see items in bold. (May also contain traces of Sulphites)

Cooking Instructions & Notes

1. Heat rapeseed oil in a large saucepan on a medium heat, add the mustard, fennel and cumin seeds and stir constantly to prevent burning.
2. Fry until fragrant and lightly smoking.
3. Add onion and fry until soft, stirring occasionally.
4. Add the grated beetroot, vegetable broth and bay leaves.
5. Bring to a boil, lower the heat and let simmer for 30-40mins.
6. Meanwhile prepare the horseradish yoghurt by combining both ingredients in a bowl and set aside.
7. Add apple cider vinegar, salt and pepper to the beetroot soup and let simmer for another minute or so.
8. Blend to a smooth consistency.

9. Adjust seasoning to taste.

10. Serve in bowls with a dollop of horseradish yoghurt.