

Golden Beet Borscht with Zucchini

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-beet-borscht-recipe>

Ingredients:

- 3 yukon gold potatoes
- 2 golden beets
- 1 onion
- 2 cloves garlic
- 1 bunch dill
- 1 zucchini
- 1/4 head green cabbage
- 2 tablespoons vegetable base
- 1 teaspoon turmeric
- 1 1/2 tablespoons honey
- 1 meyer lemon
- 1/2 cup sour cream

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 10 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 105 milligrams
9. Sugar: 13 grams

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