

Holodnik – Russian Cold Soup

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-cold-soup-recipe>

Ingredients:

- 3 red beets large, or 5 small beets
- 2 quarts water
- 1 quart buttermilk
- 1 medium onion or 3 green onions
- 4 cucumbers
- sea salt to taste
- 1 teaspoon sugar
- 1 bunch dill
- 6 boiled eggs optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 340 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 580 milligrams
9. Sugar: 25 grams

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