

Lithuanian Summer Borscht

Yield: 10 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-summer-borscht-recipe>

Ingredients:

- 1 1/2 pounds beetroots fresh
- 2 cucumber
- 1 cup scallions sliced
- 4 tablespoons fresh dill minced
- 3 cups whole milk yogurt
- salt to taste
- 1 dash black pepper

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 170 milligrams
9. Sugar: 10 grams

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