

**BEETROOT COLD SOUP**

Vegetarian soup

 20 minutes 40 minutes 6 portions**INGREDIENTS**

- 250 grams of eggs, 5 eggs
- 1 sprig of dill, fresh (1 g)
- 1/2 cup of cream, sour, cultured (115 g)
- 15 grams of lemonade, 1 tbsp of lemon juice
- 600 grams of water
- 600 grams of beetroot, 2 beetroots

COOKING METHOD

1^o 1.Boil beetroots and eggs. Put at side to cool down. 2. Peel beets and grate, then move them to bowl. Separate egg whites from yolks, put one egg at side for decoration, grate the whites and rut them to bowl with grated beetroot. 3. In mortar with appropriate pestle chop dill with boiled yolks, then add them to bowl with beets and egg whites. Add sour cream and water, season with black pepper, salt and lemon juice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (264 g)	% DRI
ENERGY	53 kcal	140 kcal	7 %
FAT	3 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	60 mg	157 mg	52 %
SODIUM	49 mg	129 mg	5 %
CARBOHYDRATE	5 g	13 g	4 %
SUGARS	1 g	3 g	–
FIBER	1 g	2 g	9 %
PROTEIN	3 g	8 g	–