



Ajiaco Colombiano (Colombian Chicken and Potato Soup)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast skinless
- 12 cups water
- 3 ears corn fresh cut into 2 pieces
- 1 serving salt and pepper to taste
- 2 chicken bouillon cubes
- 3 scallions
- 2 garlic cloves minced

- 3 tablespoon cilantro leaves chopped
- 3 medium potatoes white peeled sliced
- 3 medium potatoes red peeled sliced
- 1 cup heavy cream for serving
- 1 cup capers for serving
- 2 cups papa criolla (Andean Potato)
- 0.3 cup guascas

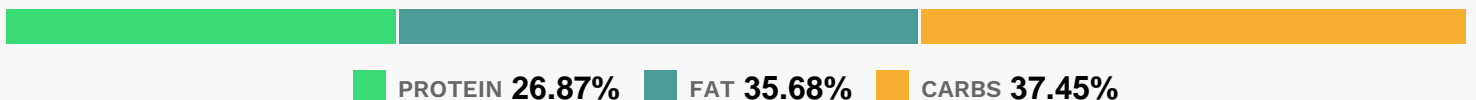
Equipment

- pot

Directions

- In a large pot, place the chicken, corn, chicken bouillon, cilantro, scallions, garlic, salt and pepper.
- Add the water and bring to a boil, then reduce heat to medium and cook for about 35 to 40 minutes, until chicken is cooked and tender.
- Remove the chicken and set aside.
- Continue cooking the corn for 30 more minutes. Discard green onion and add red potatoes, white potatoes, and the guacas. Cook for 30 more minutes.
- Uncover and add the frozen papa criolla and simmer for 15 to 20 minutes, season with salt and pepper.
- Cut the chicken meat into small pieces and return to the pot.
- Serve the Ajiaco hot with capers and heavy cream on the side.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:11.05, Inflammation Score:-8, Nutrition Score:25.901739079019%

Flavonoids

Kaempferol: 39.07mg, Kaempferol: 39.07mg, Kaempferol: 39.07mg, Kaempferol: 39.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 52.38mg, Quercetin: 52.38mg, Quercetin: 52.38mg, Quercetin: 52.38mg

Nutrients (% of daily need)

Calories: 456.11kcal (22.81%), Fat: 18.53g (28.51%), Saturated Fat: 10.09g (63.04%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 38.07g (13.84%), Sugar: 6.51g (7.24%), Cholesterol: 117.32mg (39.11%), Sodium: 1355.95mg (58.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.81%), Vitamin B3: 14.99mg (74.96%), Vitamin B6: 1.36mg (67.92%), Selenium: 39.31µg (56.16%), Phosphorus: 422.75mg (42.27%), Potassium: 1457.11mg (41.63%), Vitamin C: 33.32mg (40.39%), Magnesium: 108.39mg (27.1%), Vitamin B5: 2.61mg (26.1%), Vitamin K: 26.57µg (25.3%), Copper: 0.49mg (24.35%), Fiber: 5.7g (22.79%), Manganese: 0.42mg (21.15%), Vitamin B1: 0.32mg (21.09%), Vitamin B2: 0.32mg (19.12%), Folate: 68.91µg (17.23%), Vitamin A: 823.99IU (16.48%), Iron: 2.74mg (15.24%), Zinc: 1.73mg (11.56%), Calcium: 88.22mg (8.82%), Vitamin E: 0.93mg (6.21%), Vitamin D: 0.75µg (4.98%), Vitamin B12: 0.29µg (4.89%)