



Caldo Batido or Caldo de Enfermo



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 potatoes diced
- ☐ 4 servings salt and pepper
- ☐ 6 cups water

Equipment

- ☐ pot

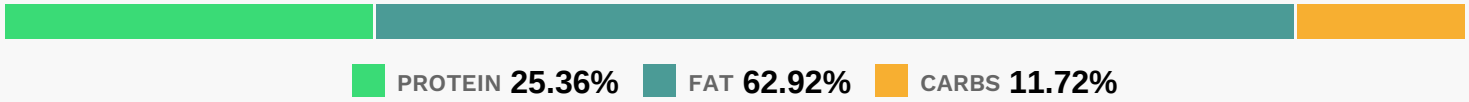
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blender

Directions

- ☐ Place the beef and water in the blender and blend for about 2 minutes.
- ☐ Place the beef mixture in a medium pot and bring to a boil. Reduce the heat to medium-low and add the potatoes, hogao, cumin, salt and pepper. Cook about 25 to 30 minutes.
- ☐ Add fresh parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:6.84, Inflammation Score:-4, Nutrition Score:14.963043554969%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 330.58kcal (16.53%), Fat: 22.78g (35.04%), Saturated Fat: 8.72g (54.5%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 8.26g (3.01%), Sugar: 0.44g (0.49%), Cholesterol: 80.51mg (26.84%), Sodium: 292.6mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.31%), Vitamin K: 52.26µg (49.77%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.97mg (33.12%), Vitamin B3: 5.4mg (27%), Vitamin B6: 0.53mg (26.33%), Selenium: 17.18µg (24.54%), Phosphorus: 211.89mg (21.19%), Vitamin C: 14.49mg (17.56%), Iron: 2.89mg (16.03%), Potassium: 549.25mg (15.69%), Vitamin B2: 0.19mg (11.07%), Copper: 0.19mg (9.46%), Magnesium: 37.04mg (9.26%), Vitamin B5: 0.74mg (7.39%), Vitamin B1: 0.09mg (6.32%), Folate: 21.03µg (5.26%), Fiber: 1.28g (5.13%), Manganese: 0.1mg (5.11%), Vitamin A: 255.37IU (5.11%), Calcium: 42.87mg (4.29%), Vitamin E: 0.5mg (3.31%)