



Caldo de Bolas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 teaspoon cumin seeds
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.7 cup bell pepper green finely chopped

- ☐ 0.5 pound ground sirloin
- ☐ 1 jalapeno minced
- ☐ 0.3 cup beef broth low-sodium
- ☐ 3.3 cups beef broth low-sodium
- ☐ 0.3 cup onion finely chopped
- ☐ 1 cup onion finely chopped
- ☐ 1 tablespoon peanut butter
- ☐ 2 over-ripe plantain ripe
- ☐ 1 tablespoon raisins
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vegetable oil
- ☐ 2 cups water

Equipment

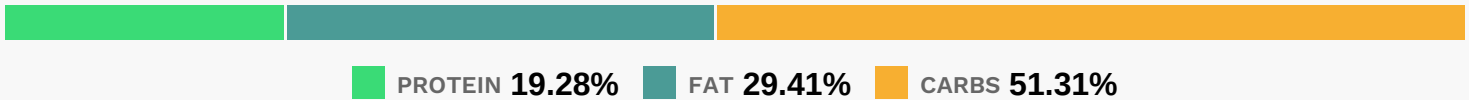
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ potato masher
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ To prepare filling, cook 1/4 cup onion, 1/4 cup bell pepper, and beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add garlic, and cook 5 minutes, stirring frequently. Stir in 1/4 cup broth, raisins, and peanut butter. Bring to a boil; cook 2 minutes or until thick. Set aside.
- ☐ To prepare soup, heat oil in a Dutch oven over medium-high heat.
- ☐ Add 1 cup onion and 2/3 cup bell pepper; saut 5 minutes or until browned.

- ☐ Add 3 1/4 cups broth, water, cumin, salt, tomatoes, and jalapeo; bring to a boil. Reduce heat; add plantains, and simmer 15 minutes or until plantains are tender.
- ☐ Remove plantains from soup; let cool slightly.
- ☐ Place plantains in a large bowl; mash with a potato masher until smooth. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour to mashed plantains; stir until combined.
- ☐ Add egg; stir until combined. Turn dough out onto a floured surface; knead 3 times. Divide dough into 12 equal portions, shaping each portion into a ball. Working with 1 portion at a time (cover remaining dough to prevent drying), place dough on a floured surface. Flatten; make an indentation in center using thumb. Spoon about 1 tablespoon beef mixture into indentation. Gather edges to encase filling, pinching to seal. Gently roll, using both hands, to form a ball. Repeat procedure with remaining dough and beef mixture. Gently drop balls into simmering broth; cover and cook 10 minutes.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:59.8, Glycemic Load:9.11, Inflammation Score:-8, Nutrition Score:17.431739014128%

Flavonoids

Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 292.01kcal (14.6%), Fat: 10.01g (15.39%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 35.28g (12.83%), Sugar: 15.88g (17.64%), Cholesterol: 56.7mg (18.9%), Sodium: 502.8mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.51%), Vitamin C: 41.49mg (50.3%), Potassium: 1050.36mg (30.01%), Vitamin K: 30.54µg (29.08%), Vitamin B6: 0.52mg (26.18%), Manganese: 0.43mg (21.63%), Vitamin A: 1070.83IU (21.42%), Vitamin B3: 4.21mg (21.05%), Selenium: 13.77µg (19.67%), Iron: 3.16mg (17.54%), Phosphorus: 162.21mg (16.22%), Fiber: 4g (15.99%), Zinc: 2.37mg (15.8%), Vitamin B1: 0.23mg (15.27%), Vitamin B2: 0.26mg (15.2%), Folate: 59.76µg (14.94%), Vitamin B12: 0.89µg (14.91%), Magnesium: 58.98mg (14.74%), Copper: 0.28mg (14.19%), Vitamin E: 1.67mg (11.17%), Vitamin B5: 0.86mg (8.61%), Calcium: 56.54mg (5.65%),

Vitamin D: 0.2µg (1.36%)