



Caldo de Costilla (Colombian Beef Ribs Broth)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots peeled sliced
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 5 garlic cloves
- ☐ 0.3 teaspoon ground achiote
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion diced
- ☐ 1 pound potatoes peeled cut into chunks
- ☐ 6 servings salt and pepper to taste

- ☐ 6 scallions chopped
- ☐ 3 pounds short
- ☐ 15 cups water

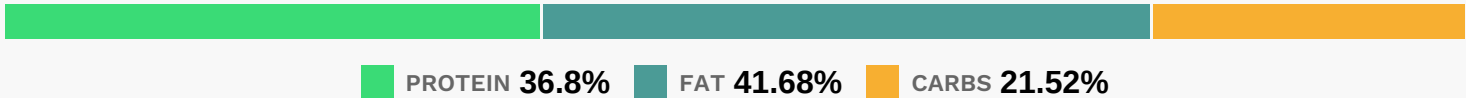
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place the ribs in a large pot with the cumin, achiote salt, pepper, and the water. Bring to a boil, reduce heat and simmer for about one hour.
- ☐ Place the garlic, onions and scallions in a blender with 1/4 cup of water and blend for about 1 minute.
- ☐ Add this mixture to the pot and cook for 40 minutes more.
- ☐ Add half of the cilantro, potatoes and carrots. Season with salt and pepper and cook for 25 to 30 minutes more or until the potatoes are tender.
- ☐ Sprinkle with chopped cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:42.76, Glycemic Load:11.4, Inflammation Score:-10, Nutrition Score:27.459999753081%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 374.26kcal (18.71%), Fat: 17.14g (26.37%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 16.68g (6.06%), Sugar: 3.18g (3.54%), Cholesterol: 97.68mg (32.56%), Sodium: 356.66mg (15.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.1%), Vitamin B12: 5.61µg (93.54%), Vitamin A: 4225.56IU (84.51%), Zinc: 8.39mg (55.96%), Vitamin B6: 0.98mg (48.78%), Phosphorus: 384.36mg (38.44%), Selenium: 24.68µg (35.26%), Vitamin B3: 6.82mg (34.12%), Vitamin K: 33.74µg (32.14%), Potassium: 1081.15mg (30.89%), Iron: 4.76mg (26.45%), Vitamin C: 21.7mg (26.31%), Vitamin B2: 0.32mg (18.58%), Magnesium: 69.87mg (17.47%), Vitamin B1: 0.26mg (17.25%), Copper: 0.34mg (16.76%), Manganese: 0.29mg (14.29%), Fiber: 3.23g (12.9%), Folate: 40.27µg (10.07%), Vitamin B5: 0.88mg (8.83%), Calcium: 71.4mg (7.14%), Vitamin E: 0.28mg (1.89%)