



Caldo de Papas con Espinazo (Colombian Potato-Pork Soup)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon achiote
- ☐ 1 cup cilantro leaves chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings avocado and hot sauce to serve
- ☐ 1 onion diced
- ☐ 2 pounds pork ribs cut into pieces

- ☐ 8 medium potatoes peeled
- ☐ 1 bell pepper diced red
- ☐ 6 servings salt and pepper to taste
- ☐ 2 scallions diced
- ☐ 8 cups water

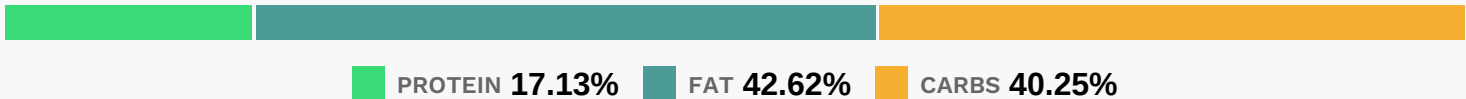
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place the onion, garlic, red bell pepper, scallions, cumin and achiote in a blender and blend until smooth.In a medium pot over medium heat, place the pork bones, water and onion mixture and cook for about 30 minutes. Taking out the foam from the pot every 15 minutes.
- ☐ Add the potatoes and season with salt and pepper, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 40 minutes.Taste and adjust seasoning if desired.
- ☐ Sprinkle with fresh cilantro and serve immediately with avocado and ají on the side.

Nutrition Facts



Properties

Glycemic Index:40.29, Glycemic Load:37.16, Inflammation Score:-8, Nutrition Score:28.159130573273%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 529.73kcal (26.49%), Fat: 25.2g (38.77%), Saturated Fat: 8.07g (50.44%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 46.34g (16.85%), Sugar: 3.97g (4.41%), Cholesterol: 84.67mg (28.22%), Sodium: 319.18mg (13.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.59%), Vitamin C: 84.73mg (102.71%), Vitamin B6: 1.55mg (77.58%), Potassium: 1557.48mg (44.5%), Vitamin B3: 8.22mg (41.1%), Vitamin B1: 0.59mg (39.54%), Selenium: 24.53µg (35.04%), Phosphorus: 328.31mg (32.83%), Fiber: 7.22g (28.89%), Manganese: 0.55mg (27.27%), Zinc: 3.64mg (24.3%), Copper: 0.47mg (23.46%), Magnesium: 92.72mg (23.18%), Vitamin B2: 0.39mg (22.86%), Vitamin K: 23.03µg (21.94%), Iron: 3.66mg (20.32%), Vitamin A: 851.39IU (17.03%), Vitamin D: 2.43µg (16.23%), Vitamin B5: 1.61mg (16.15%), Folate: 62.34µg (15.59%), Calcium: 75.64mg (7.56%), Vitamin B12: 0.4µg (6.7%), Vitamin E: 0.84mg (5.59%)