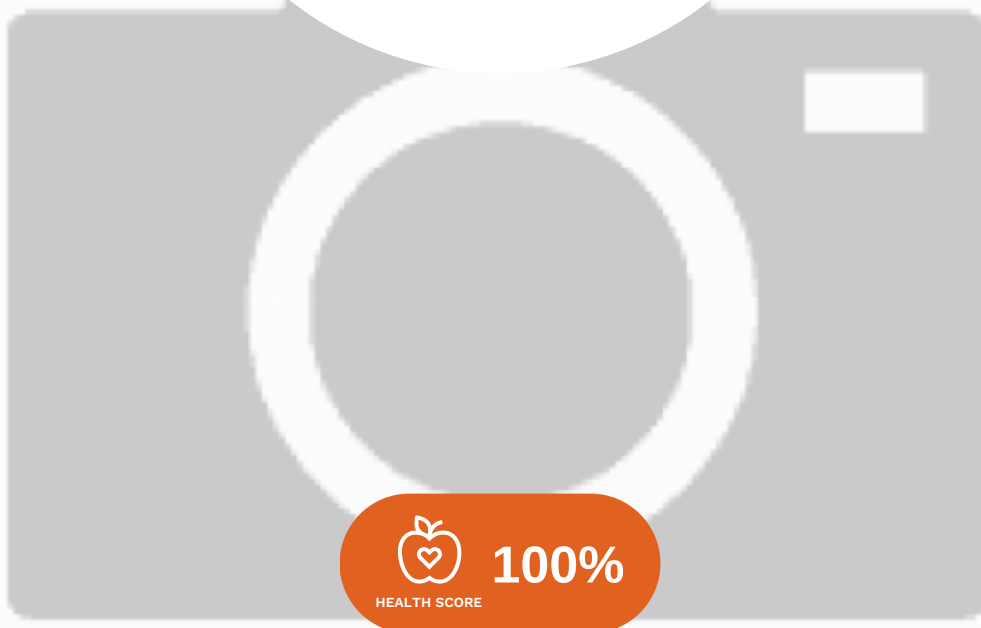




Callaloo Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound callaloo leaves
- ☐ 6 cups chicken stock see
- ☐ 0.5 pound crab meat
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 chile pepper green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup okra
- ☐ 1 onion chopped

- ☐ 0.5 pound salt beef diced fat removed
- ☐ 6 tablespoons shallots minced

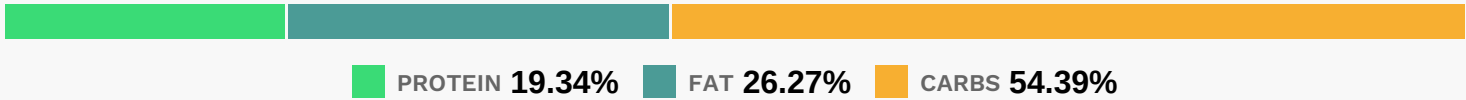
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Remove the thick stems of the callaloo leaves, chop roughly, and put into a large saucepan.
- ☐ Add the chicken stock, onion, beef, black pepper, shallots, thyme, chili pepper, and crab meat. Cover, and simmer until meat is tender, about 35 minutes.
- ☐ Add the okra, and cook for 8 minutes.
- ☐ Remove the chili pepper. Puree the soup in a blender or food processor. Reheat, and adjust seasonings.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:44.92087005014%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 452.21kcal (22.61%), Fat: 15.13g (23.27%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 70.47g (23.49%), Net Carbohydrates: 49.12g (17.86%), Sugar: 5.85g (6.51%), Cholesterol: 43.49mg (14.5%), Sodium: 1164.74mg (50.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Manganese: 6.4mg (320.18%), Iron: 34.2mg (190.02%), Vitamin A: 4814.65IU (96.29%), Vitamin B6: 1.72mg (86.06%), Fiber: 21.35g (85.41%), Calcium: 680.84mg (68.08%), Vitamin B12: 4.07µg (67.91%), Vitamin C: 55.4mg (67.15%), Folate: 183.63µg (45.91%), Zinc: 6.63mg (44.21%), Copper: 0.87mg (43.54%), Selenium: 28.68µg (40.97%), Vitamin B3: 7.32mg (36.59%), Vitamin

B2: 0.62mg (36.19%), Magnesium: 137.94mg (34.49%), Phosphorus: 299.06mg (29.91%), Potassium: 953.85mg (27.25%), Vitamin B1: 0.17mg (11.43%), Vitamin K: 6.84µg (6.51%), Vitamin B5: 0.44mg (4.42%)