



## Canary Bean Soup (Sopa de Frijoles Canarios)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups carrots grated
- ☐ 1 chicken bouillon tablet
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 garlic clove
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 tablespoon ground cumin
- ☐ 1 pound canary beans soaked overnight
- ☐ 0.3 cup onion chopped

- ☐ 2 pounds pork ribs cut into pieces
- ☐ 1 large potatoes diced peeled
- ☐ 0.3 cup bell pepper red chopped
- ☐ 8 servings salt and pepper
- ☐ 1 scallion chopped
- ☐ 14 cups water

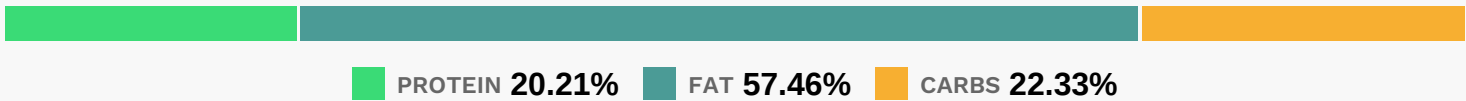
## Equipment

- ☐ food processor
- ☐ pot

## Directions

- ☐ Pick through the beans and discard any debris. In a food processor, add garlic, onion, red bell pepper, green pepper and scallion.In a large pot over medium heat, add the beans, water, processed vegetables, chicken bouillon, carrots and pork ribs. Slightly cover and simmer for 1 ½ hour.
- ☐ Add the ground cumin, sazón Goya, cilantro and potatoes. Simmer for 30 to 40 minutes more or until the beans are tender.Season with salt and pepper.
- ☐ Serve with white rice and hogao on the side.

## Nutrition Facts



## Properties

Glycemic Index:40.32, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:18.975652134937%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 295.75kcal (14.79%), Fat: 18.93g (29.12%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.41g (4.88%), Sugar: 2.45g (2.72%), Cholesterol: 63.5mg (21.17%), Sodium: 309.46mg (13.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.96%), Vitamin A: 5597.19IU (111.94%), Vitamin C: 33.65mg (40.79%), Vitamin B6: 0.67mg (33.73%), Selenium: 17.76µg (25.36%), Vitamin B3: 4.61mg (23.07%), Vitamin B1: 0.32mg (21.55%), Folate: 75.35µg (18.84%), Potassium: 650.06mg (18.57%), Phosphorus: 178.04mg (17.8%), Zinc: 2.52mg (16.82%), Vitamin B2: 0.24mg (14.33%), Fiber: 3.14g (12.55%), Magnesium: 50.16mg (12.54%), Copper: 0.25mg (12.37%), Vitamin D: 1.83µg (12.17%), Iron: 2.14mg (11.92%), Vitamin K: 11.92µg (11.36%), Manganese: 0.17mg (8.38%), Vitamin B5: 0.75mg (7.55%), Calcium: 73.93mg (7.39%), Vitamin B12: 0.3µg (5.03%), Vitamin E: 0.65mg (4.32%)