



Changua (Colombian Egg and Milk Soup)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bread with butter to serve
- ☐ 4 eggs
- ☐ 0.5 cup cilantro leaves fresh plus more for serving chopped
- ☐ 4 cups milk
- ☐ 4 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 2 cups water

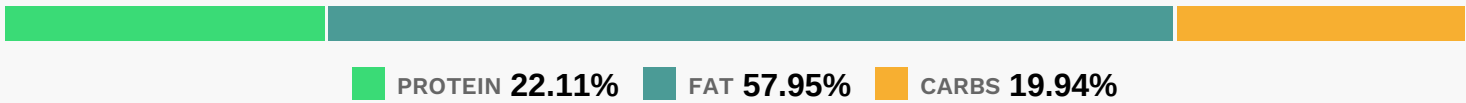
Equipment

☐ pot

Directions

- ☐ Place the milk and water in a medium pot and bring to a boil.
- ☐ Add the onion, salt and pepper and cook for 3 minutes. Reduce the heat to medium and add the eggs without breaking them.
- ☐ Let the eggs cook for 3 minutes and add the cilantro.
- ☐ Serve warm with bread on the side and garnish with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.47, Inflammation Score:-6, Nutrition Score:14.073913019636%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 248.51kcal (12.43%), Fat: 16.07g (24.73%), Saturated Fat: 8.49g (53.05%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.16g (4.42%), Sugar: 12.13g (13.48%), Cholesterol: 203.71mg (67.9%), Sodium: 389.41mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.59%), Phosphorus: 339.05mg (33.9%), Calcium: 337.45mg (33.74%), Vitamin B2: 0.55mg (32.35%), Vitamin B12: 1.72µg (28.63%), Selenium: 18.27µg (26.1%), Vitamin K: 26.04µg (24.8%), Vitamin D: 3.56µg (23.76%), Vitamin A: 982.52IU (19.65%), Vitamin B5: 1.61mg (16.08%), Potassium: 463.22mg (13.23%), Vitamin B6: 0.23mg (11.61%), Zinc: 1.63mg (10.87%), Vitamin B1: 0.16mg (10.72%), Magnesium: 38.17mg (9.54%), Folate: 27.83µg (6.96%), Vitamin E: 0.8mg (5.33%), Iron: 0.94mg (5.23%), Copper: 0.07mg (3.26%), Vitamin C: 2.23mg (2.71%), Manganese: 0.05mg (2.27%), Vitamin B3: 0.36mg (1.8%), Fiber: 0.29g (1.16%)