



Cuchuco de Cebada (Colombian-Barley and Pork Soup)

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup soaked barley
- ☐ 1 beef bouillon tablet
- ☐ 2 cups cabbage shredded
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup peas
- ☐ 1.5 pounds pork bones
- ☐ 2 medium potatoes diced yellow peeled
- ☐ 0.3 cup bell pepper diced red
- ☐ 2 potatoes diced red peeled
- ☐ 4 servings salt and pepper
- ☐ 0.5 teaspoon sazón goya with achiote
- ☐ 2 scallions chopped
- ☐ 10 cups water

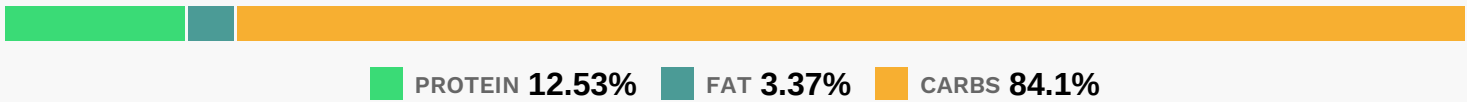
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Place the onion, garlic, scallions, red bell pepper in the food processor.
- ☐ Place a pot over medium–high heat.
- ☐ Add the water, beef bouillon, barley and pork ribs, bring to a boil. Reduce the heat to medium–low.
- ☐ Add the onion mixture salt and pepper and let it simmer for 50 minutes.
- ☐ Add the potatoes, cabbage, peas, carrots, Sazon Goya and ground cumin, cover and cook for 25 minutes more or until the pork is cooked.
- ☐ Add the cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:103.23, Glycemic Load:20.83, Inflammation Score:-10, Nutrition Score:26.194782682087%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 286.01kcal (14.3%), Fat: 1.11g (1.71%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 62.52g (20.84%), Net Carbohydrates: 51.19g (18.61%), Sugar: 6.72g (7.47%), Cholesterol: 0mg (0%), Sodium: 320.13mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.63%), Vitamin C: 66.95mg (81.15%), Vitamin A: 3353.87IU (67.08%), Vitamin K: 58.05µg (55.28%), Manganese: 1.02mg (51.12%), Fiber: 11.34g (45.34%), Vitamin B6: 0.75mg (37.62%), Potassium: 1285.79mg (36.74%), Vitamin B1: 0.43mg (28.45%), Copper: 0.54mg (27.14%), Magnesium: 103.77mg (25.94%), Phosphorus: 238.04mg (23.8%), Vitamin B3: 4.23mg (21.16%), Folate: 83.74µg (20.93%), Iron: 3.49mg (19.41%), Selenium: 10.48µg (14.97%), Zinc: 1.82mg (12.16%), Vitamin B2: 0.21mg (12.08%), Calcium: 92.35mg (9.23%), Vitamin B5: 0.9mg (8.97%), Vitamin E: 0.59mg (3.91%)