



HEALTH SCORE

76%

Cuchuco de Trigo (Wheat and Pork Colombian Soup)



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 beef bouillon tablet
- ☐ 2 cups cabbage shredded
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup soaked wheat
- ☐ 1 cup avarakkai / broad beans
- ☐ 2 tablespoons flour
- ☐ 0.5 cup cilantro leaves fresh chopped

- ☐ 3 garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup peas
- ☐ 2 pounds pork bones
- ☐ 2 medium potatoes diced yellow peeled
- ☐ 0.3 cup bell pepper diced red
- ☐ 2 potatoes diced red peeled
- ☐ 6 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, wheat, fava beans 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, ground cumin, and flour. Cover and cook for 25 minutes more or until the pork is cooked.
- ☐ Add the cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:93.65, Glycemic Load:19.04, Inflammation Score:-9, Nutrition Score:19.110000081684%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 225.25kcal (11.26%), Fat: 1.01g (1.55%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 40.1g (14.58%), Sugar: 4.88g (5.43%), Cholesterol: 0mg (0%), Sodium: 277.79mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.17%), Vitamin C: 44.72mg (54.21%), Vitamin A: 2236.79IU (44.74%), Vitamin K: 39.19µg (37.32%), Manganese: 0.7mg (35.22%), Fiber: 7.92g (31.68%), Potassium: 931.68mg (26.62%), Copper: 0.52mg (25.92%), Vitamin B6: 0.5mg (25.2%), Magnesium: 94.25mg (23.56%), Folate: 91.2µg (22.8%), Phosphorus: 205.49mg (20.55%), Vitamin B3: 3.46mg (17.29%), Vitamin B1: 0.25mg (16.45%), Iron: 2.63mg (14.61%), Vitamin B2: 0.19mg (11.23%), Zinc: 1.44mg (9.57%), Vitamin B5: 0.79mg (7.85%), Calcium: 69.67mg (6.97%), Selenium: 3.97µg (5.67%), Vitamin E: 0.31mg (2.07%)