



Ecuadorian Potato Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon ground annatto
- ☐ 0.5 cup avocado peeled sliced
- ☐ 4 cups baking potato cubed peeled 3-inch
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large egg yolk
- ☐ 4 cups milk fat-free divided
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons cilantro leaves fresh chopped

- ☐ 1 teaspoon ground cumin
- ☐ 3 large hard-cooked eggs
- ☐ 0.5 small jalapeno chopped
- ☐ 1.5 teaspoons jalapeno seeded chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup onion finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ potato masher

Directions

- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 5 minutes. Stir in cumin and annatto; saut 30 seconds.
- ☐ Combine 2 tablespoons milk and egg yolk. Chill.
- ☐ Add remaining milk, potato, cilantro, and jalapeo to pan; bring to a boil. Cover, reduce heat, and simmer 35 minutes, stirring occasionally. Partially mash potato mixture with potato masher.
- ☐ Stir 1/4 cup potato mixture into egg yolk mixture. Return potato mixture to pan; stir in salt and black pepper. Simmer 5 minutes, stirring frequently.
- ☐ Remove egg yolk from 2 hard-cooked eggs; coarsely chop egg whites and whole hard-cooked egg. Ladle about 1 cup soup into each of 6 bowls; top each serving with 2 teaspoons chopped egg mixture, about 1 tablespoon avocado, 2 teaspoons cilantro, and 1/4 teaspoon jalapeo.
- ☐ Garnish each serving with hot pepper sauce, if desired.

Nutrition Facts



 **PROTEIN 22.14%**  **FAT 23.37%**  **CARBS 54.49%**

Properties

Glycemic Index:58.33, Glycemic Load:17.28, Inflammation Score:-6, Nutrition Score:14.48391311065%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 210.06kcal (10.5%), Fat: 5.55g (8.55%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 26.63g (9.68%), Sugar: 9.93g (11.03%), Cholesterol: 128.75mg (42.92%), Sodium: 397.39mg (17.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Phosphorus: 296.94mg (29.69%), Vitamin B6: 0.54mg (27.04%), Calcium: 253.73mg (25.37%), Vitamin B2: 0.41mg (24.36%), Potassium: 821.17mg (23.46%), Vitamin B12: 1.28µg (21.33%), Selenium: 13.11µg (18.73%), Vitamin D: 2.5µg (16.66%), Vitamin B5: 1.52mg (15.21%), Vitamin B1: 0.21mg (14.21%), Vitamin C: 11.02mg (13.35%), Magnesium: 52.11mg (13.03%), Vitamin A: 600.99IU (12.02%), Manganese: 0.23mg (11.63%), Folate: 46.19µg (11.55%), Fiber: 2.51g (10.03%), Zinc: 1.48mg (9.87%), Iron: 1.58mg (8.79%), Vitamin B3: 1.53mg (7.66%), Copper: 0.15mg (7.38%), Vitamin K: 7.32µg (6.97%), Vitamin E: 0.72mg (4.79%)