



Frijoles con Coles (Bean Soup with Collard Greens)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon achiote powder
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 5 collard greens cut into bite-sized pieces
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 plantains diced green peeled
- ☐ 1 pound pork meat diced

- ☐ 6 servings salt and pepper to taste
- ☐ 2 scallions diced
- ☐ 1 cup tomatoes diced
- ☐ 1 tablespoon vegetable oil
- ☐ 12 cups water
- ☐ 1 onion diced white

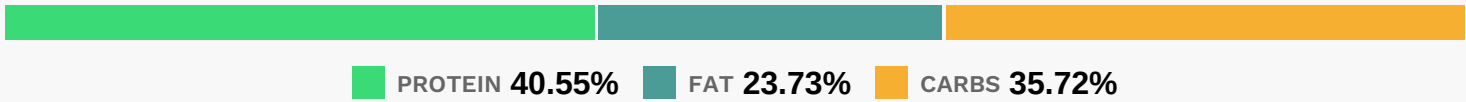
Equipment

- ☐ pot

Directions

- ☐ Heat the oil over medium heat in a pot, add the onions, scallions and garlic, cook for about 3 minutes.
- ☐ Add the pork, diced tomatoes, achiote powder and ground cumin, water, salt and pepper. Cook for another 5 minutes, stirring occasionally.
- ☐ Add the water and bring to a boil.
- ☐ Add the beans, pork and simmer for about 1 hour.
- ☐ Add the plantains and collard greens and cook for 30 minutes more.
- ☐ Add the chopped cilantro and serve with white rice.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:14.380434637484%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 172.95kcal (8.65%), Fat: 4.53g (6.98%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 13.52g (4.92%), Sugar: 2.29g (2.54%), Cholesterol: 48.38mg (16.13%), Sodium: 311.54mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Vitamin K: 53.19µg (50.66%), Vitamin B3: 8.35mg (41.76%), Selenium: 24.74µg (35.34%), Vitamin B6: 0.67mg (33.69%), Vitamin C: 16.24mg (19.69%), Phosphorus: 189.55mg (18.96%), Potassium: 546.16mg (15.6%), Vitamin A: 741.67IU (14.83%), Vitamin B5: 1.32mg (13.21%), Magnesium: 47.35mg (11.84%), Manganese: 0.22mg (10.8%), Copper: 0.17mg (8.65%), Folate: 32.44µg (8.11%), Vitamin B2: 0.13mg (7.92%), Vitamin B1: 0.11mg (7.41%), Fiber: 1.83g (7.34%), Iron: 1.2mg (6.65%), Calcium: 57.88mg (5.79%), Vitamin E: 0.72mg (4.78%), Zinc: 0.7mg (4.7%), Vitamin B12: 0.15µg (2.52%)