



WHATSheATE



Frijoles Verdes con Torticas de Choclo (Bean Soup with Corn Fritters)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.3 cup corn meal
- ☐ 8 servings beaten egg
- ☐ 1.5 cup corn kernels fresh
- ☐ 1 pound canary beans soaked overnight

- ☐ 0.5 cup milk
- ☐ 8 servings oil for frying
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 12 cups water

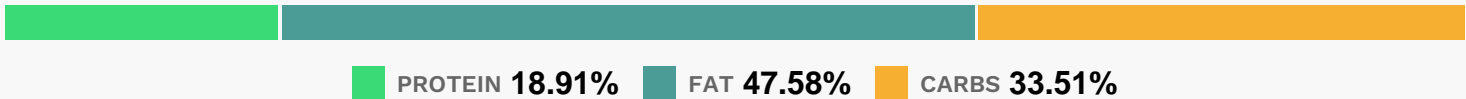
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot

Directions

- ☐ Pick through the beans and discard any debris.In a large pot over medium heat, add the beans, water, hogao, beef bouillon, carrots and pork ribs. Slightly cover and simmer for 1 ½ hour.
- ☐ Heat oil to 325 degrees F.
- ☐ Place the corn in a food processor and process for about 2 minutes.In a medium bowl, combine corn meal, baking powder, sugar, corn, butter, milk, egg, salt and pepper. Stirring well.
- ☐ Pour oil to a depth of 2 inches in a skillet. Drop by tablespoons into hot oil. Cook 2 to 4 minutes, or until golden, turning once.
- ☐ Drain on paper towels. Set aside.To serve: Ladle the soup in a bowl. Arrange the fritters in the center of the soup.
- ☐ Garnish with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:46.82, Glycemic Load:4.28, Inflammation Score:-5, Nutrition Score:9.4582608368086%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 178.31kcal (8.92%), Fat: 9.67g (14.88%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 13.44g (4.89%), Sugar: 4.18g (4.65%), Cholesterol: 169.27mg (56.42%), Sodium: 312.47mg (13.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Folate: 91.16µg (22.79%), Selenium: 14.3µg (20.42%), Vitamin C: 14.03mg (17%), Phosphorus: 163.08mg (16.31%), Vitamin B2: 0.24mg (14.36%), Magnesium: 41.68mg (10.42%), Vitamin B5: 0.96mg (9.64%), Iron: 1.72mg (9.54%), Calcium: 88.97mg (8.9%), Potassium: 297.23mg (8.49%), Vitamin A: 424.36IU (8.49%), Vitamin B12: 0.48µg (7.95%), Copper: 0.16mg (7.88%), Zinc: 1.18mg (7.86%), Fiber: 1.89g (7.56%), Vitamin E: 1.06mg (7.08%), Vitamin B6: 0.14mg (7.01%), Vitamin D: 1.05µg (6.99%), Vitamin B1: 0.08mg (5.6%), Vitamin K: 5.49µg (5.23%), Manganese: 0.09mg (4.7%), Vitamin B3: 0.66mg (3.32%)