

Guadalajara Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce beef broth canned
- 2 teaspoons chili powder
- 1.3 cups pinto beans dried
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 0.3 teaspoon pepper black
- 1 cup onion chopped

- 1 teaspoon oregano dried
- 4 pounds pork spareribs
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 4 cups water

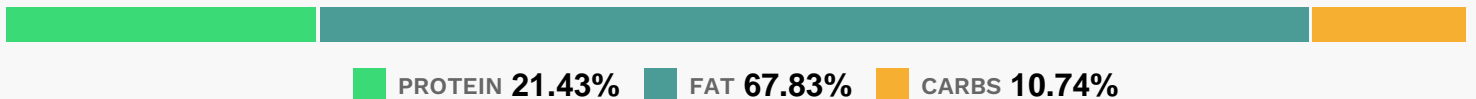
Equipment

- sauce pan
- dutch oven

Directions

- Sort and wash the beans. In a large saucepan over medium heat, add the beans and enough water to be 2 inches above beans. Bring to a boil for 2 minutes and remove from heat. Cover, allow to soak for 1 hour and drain.
- In a large Dutch oven over medium high heat, saute the ribs in oil until browned.
- Remove ribs from Dutch oven and set aside.
- Add the onion and garlic and saute for 5 minutes, or until tender.
- Add the beans, ribs, broth, water, chili powder, oregano, cumin, salt, ground black pepper and fresh cilantro. Cover and simmer 1 1/2 hours, or until meat is tender.
- Remove the ribs, allow to cool and remove meat from the bones. Return meat to broth. Chill the broth until the fat rises to the surface and remove the fat. Bring back to a boil and reduce heat to low. Cover and simmer for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:12.06, Inflammation Score:-9, Nutrition Score:54.883478392725%

Flavonoids

Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 1624.87kcal (81.24%), Fat: 121.28g (186.58%), Saturated Fat: 36.65g (229.06%), Carbohydrates: 43.22g (14.41%), Net Carbohydrates: 32.48g (11.81%), Sugar: 3.1g (3.44%), Cholesterol: 362.87mg (120.96%), Sodium: 1435.09mg (62.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.19g (172.38%), Selenium: 118.69µg (169.55%), Vitamin B6: 3.01mg (150.31%), Vitamin B1: 1.91mg (127.31%), Vitamin B3: 23.63mg (118.17%), Phosphorus: 934.06mg (93.41%), Zinc: 12.91mg (86.08%), Folate: 330.41µg (82.6%), Vitamin B2: 1.34mg (78.59%), Vitamin D: 10.43µg (69.55%), Potassium: 2151.09mg (61.46%), Copper: 0.98mg (49.05%), Magnesium: 194.59mg (48.65%), Iron: 8.36mg (46.42%), Manganese: 0.91mg (45.69%), Fiber: 10.73g (42.93%), Vitamin K: 36.12µg (34.4%), Vitamin B5: 3.43mg (34.27%), Vitamin B12: 1.86µg (31.04%), Vitamin E: 3.44mg (22.96%), Calcium: 184.46mg (18.45%), Vitamin C: 7.55mg (9.16%), Vitamin A: 380.45IU (7.61%)