



Guineo Soup (Sopa de Guineo)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 2 garlic cloves
- 1 teaspoon ground cumin
- 0.5 cup onion chopped
- 1.5 pounds pork ribs cut into pieces
- 2 medium potatoes diced peeled
- 2 scallions chopped
- 8 cups water

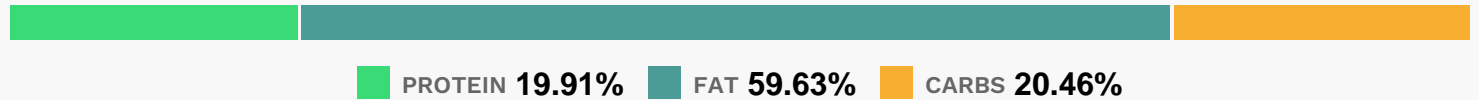
Equipment

- food processor
- pot

Directions

- Place the onion, garlic, scallions and ¼ cup of the cilantro in the food processor.
- Place a pot over medium-high heat.
- Add the water 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 25 minutes.
- Add the guineo, potato and ground cumin, cover and cook for 45 minutes more or until the pork is cooked.
- Add the remaining cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:14.28, Inflammation Score:-5, Nutrition Score:18.377826151641%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 426.31kcal (21.32%), Fat: 28.12g (43.26%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 21.7g (7.24%), Net Carbohydrates: 18.73g (6.81%), Sugar: 1.86g (2.07%), Cholesterol: 95.25mg (31.75%), Sodium: 130.27mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.26%), Vitamin B6: 1.05mg (52.45%), Selenium: 26.91µg (38.44%), Vitamin B3: 6.78mg (33.92%), Vitamin B1: 0.49mg (32.33%), Vitamin C: 24.64mg (29.86%), Phosphorus: 242.36mg (24.24%), Potassium: 807.64mg (23.08%), Zinc: 3.44mg (22.94%), Vitamin B2: 0.35mg (20.57%), Vitamin K: 20.78µg (19.79%), Vitamin D: 2.74µg (18.26%), Copper: 0.31mg (15.6%), Magnesium: 54.2mg (13.55%), Iron: 2.44mg (13.54%), Manganese: 0.26mg (13.03%), Fiber: 2.98g (11.92%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.45µg (7.54%), Folate: 26.01µg (6.5%), Calcium: 62.47mg (6.25%), Vitamin A: 203.79IU

(4.08%), Vitamin E: 0.56mg (3.71%)