



HEALTH SCORE

90%

Hervido Llanero de Pollo (Colombian Chicken Soup from Los Llanos)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



3610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper chopped
- ☐ 2 cups butternut squash cut into pieces
- ☐ 1 large carrots sliced
- ☐ 1 pound cassava cut into pieces
- ☐ 12 meat from a rotisserie chicken
- ☐ 8 cups chicken broth
- ☐ 0.3 cup cilantro leaves finely chopped

- ☐ 4 garlic cloves crushed
- ☐ 1 teaspoon ground achiote
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion chopped
- ☐ 2 plantains green peeled cut into pieces
- ☐ 2 potatoes peeled cut into pieces
- ☐ 6 servings salt and pepper to taste
- ☐ 3 scallions chopped

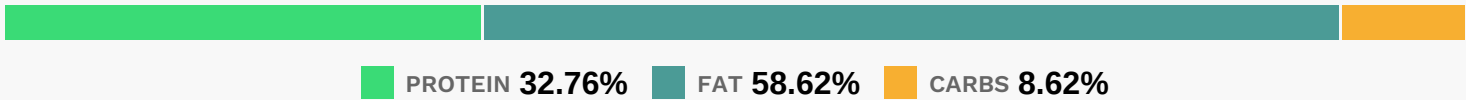
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place the onion, red bell pepper, garlic, scallions, cumin, achiote and 3 tablespoons of water in the blender.
- ☐ Place the chicken broth or water in a large pot, add the onion mixture, chicken pieces and bring to a boil. Reduce the heat to medium and cook for 40 minutes.
- ☐ Add the chopped potatoes, yuca, plantains and pumpkin and cook for 30 minutes more, stirring occasionally.
- ☐ Add the carrots and cook for 10 minutes more.
- ☐ Add the chopped cilantro and serve with avocado slices and hot sauce or aji.

Nutrition Facts



Properties

Glycemic Index:58.31, Glycemic Load:27.4, Inflammation Score:-10, Nutrition Score:72.06913077313%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 3610.04kcal (180.5%), Fat: 230.69g (354.91%), Saturated Fat: 65.9g (411.87%), Carbohydrates: 76.32g (25.44%), Net Carbohydrates: 69.59g (25.31%), Sugar: 8.49g (9.44%), Cholesterol: 1148.91mg (382.97%), Sodium: 2453.13mg (106.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 290.02g (580.03%), Vitamin B3: 107.04mg (535.22%), Selenium: 222.13µg (317.33%), Vitamin B6: 5.87mg (293.68%), Phosphorus: 2372.54mg (237.25%), Vitamin A: 10003.11IU (200.06%), Vitamin B5: 14.85mg (148.51%), Zinc: 21.02mg (140.14%), Vitamin C: 112.21mg (136.02%), Vitamin B2: 2.19mg (128.56%), Potassium: 4024.85mg (115%), Magnesium: 390.56mg (97.64%), Iron: 16.02mg (89%), Vitamin B1: 1.25mg (83.48%), Vitamin B12: 4.79µg (79.76%), Manganese: 1.13mg (56.43%), Copper: 1.07mg (53.45%), Folate: 175.61µg (43.9%), Vitamin K: 43.6µg (41.52%), Vitamin E: 6.06mg (40.39%), Fiber: 6.73g (26.93%), Calcium: 247.77mg (24.78%), Vitamin D: 3.05µg (20.31%)