



Mote de Queso (Colombian Cheese and Yam Soup)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings cilantro to garnish fresh
- ☐ 1 cup cheese feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 juice of lime
- ☐ 2 tablespoons oil
- ☐ 6 servings salt to taste

- ☐ 4 scallions chopped
- ☐ 1 cup tomatoes diced
- ☐ 7 cups water
- ☐ 0.5 cup onion diced white

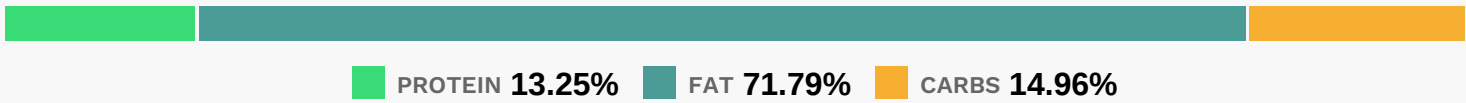
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the ñame and water in a medium pot. Cook over medium heat for about 45 minutes or until the ñame is soft and tender.While the ñame is cooking, prepare the sofrito for the soup by heating the oil over medium heat in a skillet.
- ☐ Add the onions, scallions, tomato, garlic and cumin. Cook, stirring frequently, until the onions are tender, about 7 minutes. Set aside.Turn the heat to low and add the sofrito and cheese to the cooked ñame.
- ☐ Let cook for about 10 more minutes. You can add more water if the soup is too thick. The consistency of the soup should be creamy with small tender chunks of ñame.
- ☐ Add salt to taste, mix well and remove from the heat.
- ☐ Add lime juice and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:6.6865217970765%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 125.13kcal (6.26%), Fat: 10.28g (15.81%), Saturated Fat: 3.7g (23.09%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.52g (1.68%), Cholesterol: 22.25mg (7.42%), Sodium: 497.08mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Vitamin K: 22.75µg (21.66%), Calcium: 151.74mg (15.17%), Vitamin B2: 0.23mg (13.52%), Phosphorus: 102.64mg (10.26%), Vitamin C: 7.78mg (9.43%), Vitamin A: 410.19IU (8.2%), Vitamin B6: 0.16mg (8.2%), Vitamin E: 1.08mg (7.19%), Vitamin B12: 0.42µg (7.04%), Zinc: 0.89mg (5.95%), Selenium: 4.05µg (5.78%), Manganese: 0.11mg (5.3%), Folate: 20.04µg (5.01%), Iron: 0.84mg (4.68%), Copper: 0.09mg (4.46%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.3mg (4.07%), Potassium: 138.24mg (3.95%), Fiber: 0.85g (3.39%), Vitamin B5: 0.3mg (2.99%), Vitamin B3: 0.5mg (2.49%)