



Plantain Garlic Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cilantro leaves chopped
- 0.5 cup knudsen cream sour
- 2 cloves garlic minced
- 2.5 cups milk
- 2 lb plantains green ends trimmed peeled
- 1 tsp salt
- 1.5 cups mozzarella cheese shredded kraft
- 10 cups water

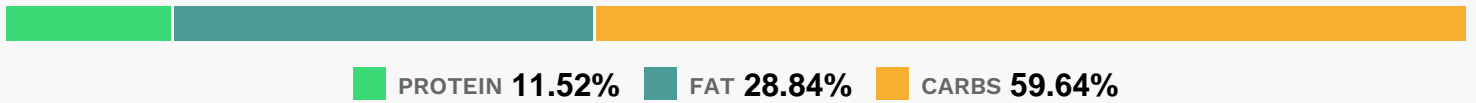
Equipment

- food processor
- sauce pan
- blender

Directions

- Bring water to boil in large saucepan.
- Add plantains; cover. Cook 15 min.
- Drain plantains, reserving 1-1/4 qt. (5 cups) of the cooking water.
- Cut plantains into 2-inch chunks; place in food processor or blender container.
- Add garlic and the reserved cooking water; cover. Process until smooth.
- Return plantain mixture to saucepan.
- Add milk and salt; mix well. Bring to boil, stirring frequently to prevent burning. Reduce heat to low.
- Add cheese and sour cream; cook until cheese is completely melted and mixture is well blended, stirring frequently.
- Sprinkle with the cilantro.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.4682608680881%

Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 71.07kcal (3.55%), Fat: 2.29g (3.52%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.07g (3.66%), Sugar: 1.6g (1.77%), Cholesterol: 7.82mg (2.61%), Sodium: 108.21mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 5.38mg (6.52%), Calcium: 52.05mg (5.2%),

Phosphorus: 45.5mg (4.55%), Potassium: 147.5mg (4.21%), Vitamin B2: 0.07mg (4.1%), Magnesium: 14.79mg (3.7%), Vitamin B12: 0.21µg (3.51%), Vitamin B1: 0.04mg (2.55%), Fiber: 0.58g (2.32%), Vitamin B5: 0.22mg (2.23%), Copper: 0.04mg (2.16%), Folate: 7.94µg (1.98%), Vitamin A: 96.59IU (1.93%), Zinc: 0.28mg (1.86%), Selenium: 1.3µg (1.85%), Manganese: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.72%), Vitamin D: 0.21µg (1.41%), Iron: 0.23mg (1.25%)