



## Plantain Soup (Sopa de Plátano)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 beef bouillon cubes
- ☐ 2 tablespoon cilantro leaves for garnish
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin powder
- ☐ 0.3 teaspoon ground pepper fresh
- ☐ 0.5 cup onion chopped
- ☐ 3 large plantains green peeled sliced into small chunks
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup scallion chopped
- ☐ 8 cups water

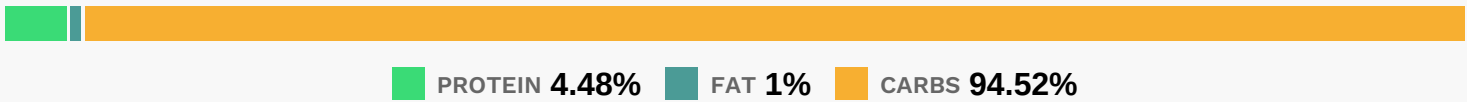
## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

## Directions

- ☐ Place the onion, garlic, scallions and water in a blender and blend for 30 seconds.
- ☐ Place the water mixture and beef bouillon in a medium pot and bring to a boil. Reduce the heat to medium and add the rest of the ingredients except the cilantro.Cover the pot and reduce the heat to medium low and cook for 30 minutes or until the plantains are tender.Take half of the soup and transfer to a blender and purée.
- ☐ Add the purée soup back to the pot, stir and cook for 20 more minutes.Divide the soup in bowls and sprinkle cilantro on top.
- ☐ Serve with avocado and aji.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:8.5026086853898%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

## Nutrients (% of daily need)

Calories: 220.52kcal (11.03%), Fat: 0.25g (0.38%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 52.56g (17.52%), Net Carbohydrates: 49.02g (17.83%), Sugar: 4.38g (4.87%), Cholesterol: 0.08mg (0.03%), Sodium: 654.07mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin C: 30.31mg (36.73%), Potassium: 644.11mg (18.4%), Magnesium: 65.13mg (16.28%), Fiber: 3.54g (14.15%), Vitamin K: 13.87µg (13.21%),

Copper: 0.25mg (12.61%), Manganese: 0.24mg (11.81%), Folate: 46.23µg (11.56%), Vitamin B1: 0.15mg (10.33%),  
Vitamin B2: 0.15mg (8.94%), Vitamin B5: 0.76mg (7.59%), Iron: 1.31mg (7.29%), Vitamin B6: 0.15mg (7.28%),  
Phosphorus: 57.44mg (5.74%), Vitamin B3: 0.88mg (4.4%), Calcium: 31.84mg (3.18%), Zinc: 0.38mg (2.52%),  
Vitamin A: 78.63IU (1.57%), Selenium: 0.92µg (1.31%)