

Potato and Noodle Stew with Eggs

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



403 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 3 cups chicken stock see
- 4 large shells washed (shells)
- 4 garlic clove chopped
- 0.8 teaspoon ground cumin
- 5 tablespoons olive oil
- 1 medium onion chopped
- 4 parsley fresh

- 2 pasilla peppers diced green italian halved seeded
- 1.5 pounds potato boiling peeled cut into 3/4-inch cubes (3 medium)
- 0.2 g saffron threads crumbled
- 2 teaspoons sea salt fine
- 1.5 pounds tomatoes coarsely chopped
- 1 turkish bay leaf

Equipment

- bowl
- ladle
- pot
- slotted spoon

Directions

- Heat oil in a 5-quart heavy pot over moderate heat until hot but not smoking, then cook onion, frying peppers, and garlic, stirring, until softened, 8 to 10 minutes.
- Add tomatoes and cook, covered, stirring occasionally, 10 minutes. Stir in potatoes, stock, cumin, saffron, parsley, bay leaf, salt, and black pepper, then bring to a boil, stirring occasionally. Cover and simmer gently over low heat until potatoes are tender, about 20 minutes.
- Stir in fideos and simmer, covered, over moderate heat until tender, about 10 minutes. Gently lower eggs (in their shells) into stew and simmer 10 minutes to hard-boil them.
- Transfer eggs with a slotted spoon to a bowl of cold water to cool, then peel and slice. Discard parsley and bay leaf.
- Divide eggs among 4 shallow bowls and ladle stew over them.

Nutrition Facts



PROTEIN 10.09% **FAT 44.32%** **CARBS 45.59%**

Properties

Glycemic Index:71.5, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:23.865217250326%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 402.58kcal (20.13%), Fat: 20.5g (31.53%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 40.83g (14.85%), Sugar: 12.18g (13.53%), Cholesterol: 5.4mg (1.8%), Sodium: 1464.36mg (63.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin C: 90.51mg (109.71%), Vitamin K: 50.46µg (48.05%), Potassium: 1539.92mg (44%), Vitamin B6: 0.74mg (37.19%), Vitamin A: 1746.68IU (34.93%), Manganese: 0.65mg (32.52%), Vitamin B3: 6.2mg (30.99%), Fiber: 6.62g (26.48%), Vitamin E: 3.76mg (25.07%), Copper: 0.49mg (24.75%), Phosphorus: 222.34mg (22.23%), Vitamin B1: 0.32mg (21.37%), Folate: 78.25µg (19.56%), Magnesium: 75.59mg (18.9%), Iron: 2.85mg (15.83%), Vitamin B2: 0.27mg (15.81%), Zinc: 1.31mg (8.73%), Selenium: 6.04µg (8.63%), Vitamin B5: 0.75mg (7.47%), Calcium: 63.92mg (6.39%)