



Sancocho de Pescado (Colombian Fish Soup)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds cod fish fillets
- 2 corn ears
- 10 cups fish stock
- 1 teaspoon color with azafran or achiote
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 teaspoon ground cumin
- 1 tablespoon olive oil

- 0.5 small onion finely chopped
- 2 plantains green peeled cut into pieces
- 6 servings salt and pepper
- 1 scallion finely chopped
- 1 pound yuca cut into pieces (cassava)

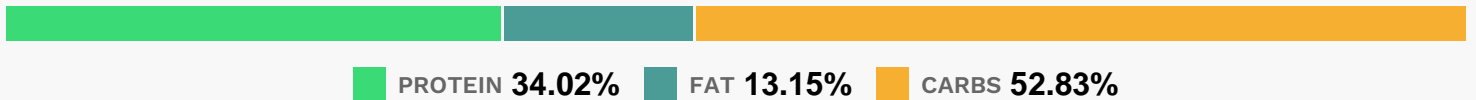
Equipment

- pot

Directions

- In a large pot, over medium heat, place the olive oil, onions, scallions and garlic. Cook for 5 minutes.
- Add the fish stock, achiote, ground cumin and bring to a boil. Then reduce the heat to medium-low.
- Add the plantains, corn, yuca, salt and pepper. Simmer covered for about 25 to 30 minutes.
- Add the fish and chopped cilantro. Cook for 12 minutes and serve with white rice, lime and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:17.04, Inflammation Score:-7, Nutrition Score:24.066521851913%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 453.04kcal (22.65%), Fat: 6.54g (10.06%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 55.6g (20.22%), Sugar: 5.21g (5.79%), Cholesterol: 65.01mg (21.67%), Sodium: 1586.65mg (68.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.06g (76.12%), Selenium: 53.81µg (76.87%), Vitamin B3:

10.24mg (51.22%), Phosphorus: 500.59mg (50.06%), Potassium: 1545.92mg (44.17%), Vitamin C: 32.56mg (39.47%), Vitamin B12: 1.78µg (29.71%), Vitamin B6: 0.57mg (28.53%), Magnesium: 106.58mg (26.64%), Manganese: 0.47mg (23.49%), Copper: 0.42mg (21.14%), Vitamin B2: 0.34mg (19.97%), Folate: 79.57µg (19.89%), Vitamin B1: 0.3mg (19.69%), Calcium: 168.51mg (16.85%), Vitamin E: 2.12mg (14.16%), Iron: 2.55mg (14.15%), Fiber: 3.51g (14.02%), Zinc: 1.64mg (10.93%), Vitamin K: 10.85µg (10.33%), Vitamin D: 1.36µg (9.07%), Vitamin B5: 0.86mg (8.63%), Vitamin A: 227.04IU (4.54%)