

Sopa de Ajo

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce diagonally bread french toasted cut ()
- ☐ 48 ounce chicken stock see fat-free canned
- ☐ 1 chipotle chile dried (or a ancho or pasilla chile)
- ☐ 2 large eggs lightly beaten
- ☐ 6 garlic cloves
- ☐ 5 tablespoons green onions sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.3 ounces monterrey jack cheese shredded reduced-fat

- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon paprika
- ☐ 1.3 cups tomatoes diced

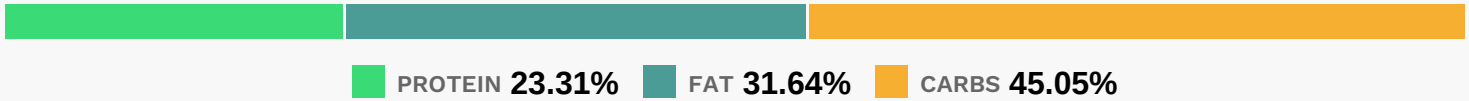
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add garlic; saut 5 minutes or until golden.
- ☐ Remove garlic from pan.
- ☐ Combine garlic, paprika, and cumin in a small bowl; mash with a fork until smooth.
- ☐ Return garlic mixture to pan, and add Chicken Stock and chile. Bring to a simmer over medium heat, and cook 10 minutes. Discard chile. Slowly pour beaten eggs into soup, stirring constantly. Immediately remove from heat.
- ☐ Place 1 bread slice in each of 5 soup bowls, and top each bread slice with 1/4 cup tomato and 1 tablespoon green onions. Ladle 1 cup soup into each bowl; sprinkle each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:12.2, Inflammation Score:-7, Nutrition Score:14.455217402914%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 260.11kcal (13.01%), Fat: 9.17g (14.1%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 27.17g (9.88%), Sugar: 7.6g (8.45%), Cholesterol: 88.87mg (29.62%), Sodium: 636.55mg (27.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Selenium: 21.9µg (31.29%), Vitamin B3: 6.11mg (30.56%), Vitamin B2: 0.5mg (29.69%), Vitamin A: 1231.93IU (24.64%), Vitamin B1: 0.34mg (22.34%), Phosphorus: 195.88mg (19.59%), Folate: 69.38µg (17.35%), Vitamin B6: 0.34mg (17.22%), Vitamin K: 18.02µg (17.16%), Iron: 2.7mg (14.99%), Manganese: 0.29mg (14.64%), Potassium: 505.27mg (14.44%), Copper: 0.26mg (12.76%), Calcium: 105.68mg (10.57%), Vitamin C: 7.92mg (9.6%), Zinc: 1.34mg (8.94%), Fiber: 2.2g (8.81%), Magnesium: 33.33mg (8.33%), Vitamin E: 1.13mg (7.55%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.44µg (2.95%)