



Sopa de Ajo Castellana (Castilian Garlic Soup)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups country bread hearty cubed (1-inch) ()
- ☐ 4 large eggs
- ☐ 47.3 ounce less-sodium chicken broth fat-free canned
- ☐ 1 garlic clove crushed
- ☐ 4 garlic cloves crushed
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoons olive oil extra-virgin

- ☐ 0.5 teaspoon paprika smoked sweet spanish
- ☐ 1 teaspoon paprika smoked sweet spanish
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 1.5 ounces serrano ham diced spanish

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ To prepare soup, heat 1 1/2 teaspoons oil in a large saucepan over medium heat.
- ☐ Add 4 crushed garlic cloves; saut 1 minute.
- ☐ Add ham and 1 teaspoon paprika; saut 30 seconds. Stir in cumin, pepper, saffron, and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes
- ☐ Preheat oven to 35
- ☐ To prepare the croutons, combine 1 1/2 teaspoons oil and 1 crushed garlic clove in a large bowl.
- ☐ Add the bread cubes, tossing to coat.
- ☐ Place bread cubes in a single layer on a baking sheet.
- ☐ Bake at 350 for 12 minutes or until toasted.
- ☐ Sprinkle bread cubes with 1/2 teaspoon paprika; toss well.
- ☐ Increase oven temperature to 45
- ☐ Break 1 egg into each of 4 ovenproof bowls. Divide the broth mixture evenly among bowls.
- ☐ Place bowls on a baking sheet.
- ☐ Bake at 450 for 15 minutes or until the eggs are set. Top each serving with croutons.

Nutrition Facts



 **PROTEIN 20.04%**  **FAT 23.58%**  **CARBS 56.38%**

Properties

Glycemic Index:63.92, Glycemic Load:45.67, Inflammation Score:-7, Nutrition Score:31.190000083136%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 615.59kcal (30.78%), Fat: 16.15g (24.84%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 86.9g (28.97%), Net Carbohydrates: 79.41g (28.88%), Sugar: 10.97g (12.19%), Cholesterol: 191.7mg (63.9%), Sodium: 2490.16mg (108.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.75%), Manganese: 2.26mg (113.08%), Selenium: 74.41µg (106.3%), Vitamin B3: 11.93mg (59.67%), Vitamin B1: 0.78mg (52.24%), Iron: 8.19mg (45.47%), Vitamin B2: 0.76mg (44.7%), Folate: 178.19µg (44.55%), Phosphorus: 373.66mg (37.37%), Fiber: 7.48g (29.93%), Calcium: 273.44mg (27.34%), Vitamin B5: 2.67mg (26.66%), Magnesium: 85.05mg (21.26%), Vitamin B6: 0.39mg (19.62%), Copper: 0.38mg (19.08%), Vitamin B12: 1.11µg (18.58%), Zinc: 2.64mg (17.61%), Potassium: 455.76mg (13.02%), Vitamin A: 645.58IU (12.91%), Vitamin K: 10.63µg (10.12%), Vitamin E: 1.3mg (8.7%), Vitamin D: 1µg (6.67%), Vitamin C: 1.54mg (1.87%)