



Sopa de Arepa (Corn Cake Soup)

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups chicken stock see
- 0.5 cup cilantro leaves fresh
- 0.5 teaspoon ground cumin
- 2 large potatoes diced peeled
- 4 servings salt and pepper

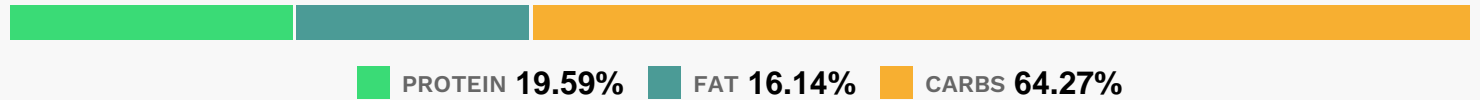
Equipment

- pot

Directions

- In a medium pot place the chicken stock, potatoes, cumin and hogao. Bring to a boil, then reduce the heat to medium. Cook until the potatoes are fork tender. About 25 to 30 minutes.
- Add the arepa pieces and season with salt and pepper. Cook for 4 minutes more.
- Add the fresh cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:23.6, Inflammation Score:-5, Nutrition Score:16.166521668434%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 294.66kcal (14.73%), Fat: 5.27g (8.11%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 43.1g (15.67%), Sugar: 8.1g (9%), Cholesterol: 12.6mg (4.2%), Sodium: 806.8mg (35.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin C: 37.75mg (45.75%), Vitamin B3: 8.61mg (43.07%), Vitamin B6: 0.8mg (40.23%), Potassium: 1232.68mg (35.22%), Vitamin B2: 0.42mg (24.71%), Phosphorus: 220.77mg (22.08%), Copper: 0.43mg (21.64%), Vitamin B1: 0.3mg (19.83%), Fiber: 4.14g (16.57%), Magnesium: 60.67mg (15.17%), Manganese: 0.3mg (14.98%), Selenium: 9.82µg (14.04%), Iron: 2.52mg (14.02%), Folate: 51.78µg (12.95%), Vitamin K: 10.56µg (10.06%), Zinc: 1.15mg (7.64%), Vitamin B5: 0.56mg (5.58%), Calcium: 38.53mg (3.85%), Vitamin A: 154.43IU (3.09%), Vitamin E: 0.2mg (1.35%)