



Sopa de Arroz con Carne (Rice and Beef Soup)



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup aliños sauce
- ☐ 0.5 cup peas
- ☐ 2 potatoes diced
- ☐ 0.3 cup rice
- ☐ 4 servings salt and pepper
- ☐ 7 cups water

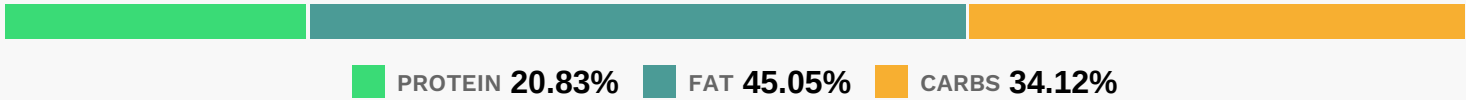
Equipment

☐ pot

Directions

- ☐ In a large pot place all the ingredients except the rice and cilantro. Bring to a boil and then reduce the heat to low and simmer for 50 minutes.
- ☐ Add the rice and continue simmering for 15– 20 minutes more or until the rice is tender.Season with salt and pepper. Stir in the cilantro and serve with avocado.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:21.74, Inflammation Score:-5, Nutrition Score:18.186086799787%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 465.27kcal (23.26%), Fat: 22.97g (35.35%), Saturated Fat: 8.77g (54.81%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 35.55g (12.93%), Sugar: 6.44g (7.16%), Cholesterol: 80.51mg (26.84%), Sodium: 535.58mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin B12: 2.43µg (40.45%), Vitamin B6: 0.74mg (36.89%), Zinc: 5.49mg (36.59%), Vitamin C: 28.5mg (34.55%), Vitamin B3: 6.55mg (32.76%), Selenium: 19.99µg (28.56%), Phosphorus: 277.66mg (27.77%), Potassium: 821.74mg (23.48%), Manganese: 0.42mg (21.05%), Iron: 3.44mg (19.11%), Copper: 0.32mg (15.93%), Magnesium: 58.01mg (14.5%), Fiber: 3.6g (14.42%), Vitamin B2: 0.23mg (13.82%), Vitamin B1: 0.19mg (12.91%), Vitamin K: 11.68µg (11.12%), Vitamin B5: 1.07mg (10.65%), Folate: 38.61µg (9.65%), Calcium: 55.25mg (5.53%), Vitamin A: 208.27IU (4.17%), Vitamin E: 0.54mg (3.61%)