



Sopa de Avena (Oatmeal Soup)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots diced
- ☐ 6 servings cilantro leaves fresh
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.8 cup oats quick
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup peas
- ☐ 1 cup potatoes diced

- ☐ 6 servings salt and pepper to taste
- ☐ 1 scallion chopped
- ☐ 6 cups vegetable broth

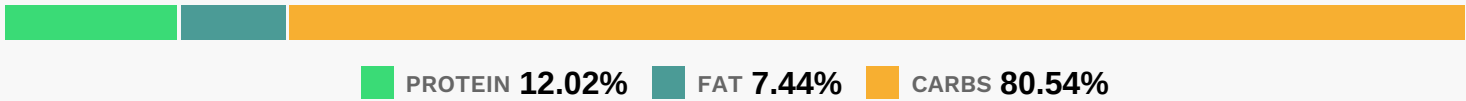
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place the scallion, garlic and onion in the blender with 1/4 cup of water.
- ☐ Place all ingredients in a medium pot. Bring to a boil over high heat, stirring occasionally.Reduce to medium-low heat and simmer for about 20 to 25 minutes or until the vegetables are tender.
- ☐ Add the cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:68.49, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:10.825652029203%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 102.95kcal (5.15%), Fat: 0.89g (1.36%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 18.29g (6.65%), Sugar: 4.74g (5.26%), Cholesterol: 0mg (0%), Sodium: 1152.87mg (50.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin A: 4186.8IU (83.74%), Manganese: 0.61mg (30.65%), Vitamin C: 14.7mg (17.82%), Fiber: 3.33g (13.32%), Magnesium: 44.59mg (11.15%), Vitamin K: 11.33µg (10.79%), Vitamin B6: 0.19mg (9.69%), Phosphorus: 93.9mg (9.39%), Vitamin B1: 0.14mg (9.29%), Potassium: 313.92mg (8.97%), Iron: 1.17mg (6.52%), Folate: 24.67µg (6.17%), Copper: 0.12mg (5.89%), Selenium: 4.02µg (5.74%), Vitamin B3: 0.96mg (4.78%), Zinc: 0.68mg (4.52%), Vitamin B2: 0.06mg (3.45%), Calcium: 27.08mg (2.71%),

Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.25mg (1.69%)