



Sopa de Carantantas (Corn Masa Fritters Soup)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb beef bones
- ☐ 10 cups beef broth
- ☐ 2 cups precooked corn meal white (masarepa)
- ☐ 6 servings cilantro leaves fresh
- ☐ 0.5 cup hogao sauce
- ☐ 1 cup aliños sauce
- ☐ 6 servings oil for frying

- ☐ 1 pound potatoes peeled cut in chunks
- ☐ 6 servings salt to your taste
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water hot

Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ o make the carantantas, add the hot water to a bowl, add the salt and oil and mix well.
- ☐ Add the cornmeal to the water and stir with a wooden spoon. Form a bowl with the dough using your hands.
- ☐ Let rest for about 15 to 20 minutes.Break off small portions of the dough, about 1 1/2 tablespoons each, and form each portion into a ball by rolling between the palms of your hands.
- ☐ Place the beef bones in a large pot with the water and aliños. Bring to a boil, reduce heat and simmer for about 30 minutes.
- ☐ Add the potatoes and hogao. Season with salt and pepper and cook for 25 to 30 minutes more or until the potatoes are tender.
- ☐ Remove the beef bones
- ☐ Add the fried carantantas.
- ☐ Sprinkle with chopped cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:9.67, Inflammation Score:-5, Nutrition Score:14.018695682935%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 434.16kcal (21.71%), Fat: 11.01g (16.94%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 70.99g (23.66%), Net Carbohydrates: 63.82g (23.21%), Sugar: 15.03g (16.7%), Cholesterol: 0mg (0%), Sodium: 2595.99mg (112.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Fiber: 7.18g (28.71%), Vitamin B6: 0.57mg (28.61%), Vitamin B3: 5.4mg (27.01%), Manganese: 0.5mg (24.97%), Phosphorus: 243.54mg (24.35%), Magnesium: 92.46mg (23.12%), Potassium: 769.66mg (21.99%), Iron: 3.28mg (18.25%), Vitamin C: 14.92mg (18.08%), Vitamin B5: 1.62mg (16.24%), Vitamin B1: 0.23mg (15.52%), Zinc: 1.95mg (12.97%), Vitamin K: 12.29µg (11.71%), Vitamin B2: 0.18mg (10.64%), Copper: 0.21mg (10.54%), Folate: 37.12µg (9.28%), Vitamin E: 1.07mg (7.11%), Vitamin B12: 0.28µg (4.67%), Selenium: 3.03µg (4.33%), Calcium: 41.57mg (4.16%)