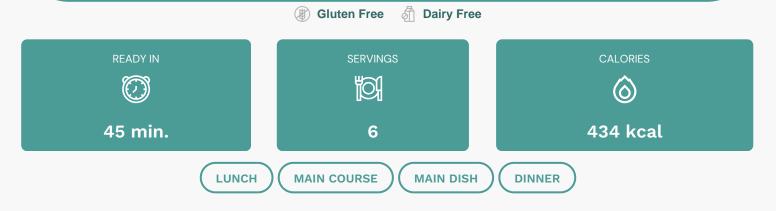


Sopa de Carantantas (Corn Masa Fritters Soup)



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 11/2 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		
PROTEIN 11.5% FAT 22.9% CARBS 65.6%		

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

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: Omg (0%), Sodium: 2595.99mg (112.87%), Alcohol: Og (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%)