

Sopa de Fideos

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 43.5 ounce chicken broth canned
- ☐ 4 servings coarse salt to taste
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 large clove garlic coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped

☐ 7 ounce fideo pasta uncooked

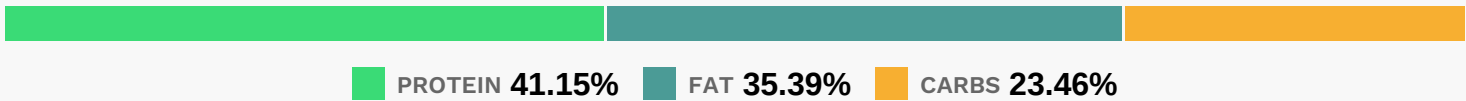
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place the tomatoes, onion, and garlic into a blender, and pulse several times to get the mixture moving; blend until smooth, 30 seconds to 1 minute.
- ☐ Heat the olive oil in a skillet over medium-low heat, and stir in the pasta. Fry the pasta gently, stirring often, until the pasta is golden brown, 2 to 5 minutes.
- ☐ Remove from heat.
- ☐ Pour the tomato mixture into a large saucepan, and stir in chicken broth and noodles. Bring to a boil, and reduce heat to medium low; simmer until the noodles are tender, 7 to 8 minutes. Season to taste with salt and black pepper, and stir in the cilantro; simmer 2 more minutes to cook cilantro.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:17.44, Inflammation Score:-7, Nutrition Score:28.089130505272%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 857.57kcal (42.88%), Fat: 33.03g (50.82%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 49.26g (16.42%), Net Carbohydrates: 45.38g (16.5%), Sugar: 6.6g (7.33%), Cholesterol: 154.15mg (51.38%), Sodium:

1819.46mg (79.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.41g (172.82%), Selenium: 88.9µg (127%), Phosphorus: 604.78mg (60.48%), Zinc: 8.73mg (58.17%), Vitamin B12: 3.08µg (51.38%), Vitamin B3: 9.53mg (47.63%), Vitamin B6: 0.84mg (42.06%), Manganese: 0.69mg (34.59%), Iron: 6.09mg (33.84%), Magnesium: 107.56mg (26.89%), Potassium: 913.96mg (26.11%), Copper: 0.5mg (24.82%), Vitamin B2: 0.4mg (23.38%), Vitamin E: 3.34mg (22.28%), Vitamin K: 17.36µg (16.53%), Fiber: 3.88g (15.53%), Vitamin A: 774.35IU (15.49%), Vitamin C: 11.01mg (13.35%), Calcium: 94.6mg (9.46%), Vitamin B1: 0.13mg (8.76%), Folate: 31.88µg (7.97%), Vitamin B5: 0.53mg (5.27%), Vitamin D: 0.31µg (2.06%)