



Sopa de Letras con Carne (Alphabet Soup)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon achiote
- ☐ 1 pound beef diced for stew,
- ☐ 0.5 cup carrots diced
- ☐ 5 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup aliños sauce
- ☐ 6 servings lime and avocado for serving
- ☐ 0.5 cup alphabet pasta dried

- ☐ 0.5 cup peas
- ☐ 6 servings salt and pepper
- ☐ 8 cups water

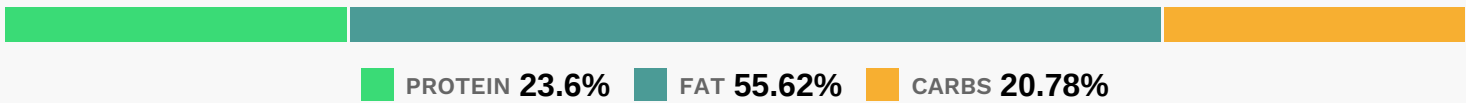
Equipment

- ☐ pot

Directions

- ☐ Place the beef in a medium pot and add the water. Bring to a boil and then reduce the heat to low.
- ☐ Add the rest of the ingredients, except the pasta and cilantro.Cook for about 45 minutes or until beef is completely tender.
- ☐ Add the pasta and cilantro to the soup. Cook for about 8 minutes more.
- ☐ Serve hot with lime and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:10.688695669174%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 251.59kcal (12.58%), Fat: 15.34g (23.6%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.53g (4.19%), Sugar: 6g (6.67%), Cholesterol: 53.68mg (17.89%), Sodium: 505.64mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin A: 1902.52IU (38.05%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.46mg (23.04%), Selenium: 14.77µg (21.1%), Vitamin B3: 3.66mg (18.32%), Phosphorus: 147.93mg (14.79%), Vitamin B6: 0.29mg (14.53%), Iron: 1.9mg (10.56%), Vitamin C: 7.6mg (9.22%), Potassium: 290.78mg (8.31%), Vitamin B2: 0.14mg (8.21%), Copper: 0.14mg (7.2%), Vitamin K: 6.85µg (6.53%), Manganese: 0.13mg (6.31%), Magnesium: 25.05mg (6.26%), Fiber: 1.37g (5.48%), Vitamin B1: 0.08mg (5.3%), Vitamin B5: 0.46mg

(4.6%), Folate: 16.86µg (4.21%), Calcium: 34.87mg (3.49%), Vitamin E: 0.43mg (2.87%)