



Sopa de Orejas (Colombian Rice fritters Soup)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon achiote
- ☐ 10 cups beef broth
- ☐ 2 carrots peeled sliced
- ☐ 2 cups rice white cooked
- ☐ 2 eggs beaten
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 6 garlic cloves crushed
- ☐ 1 teaspoon ground cumin

- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 3 large potatoes diced peeled
- ☐ 6 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 6 servings vegetable oil for frying
- ☐ 1 onion diced white

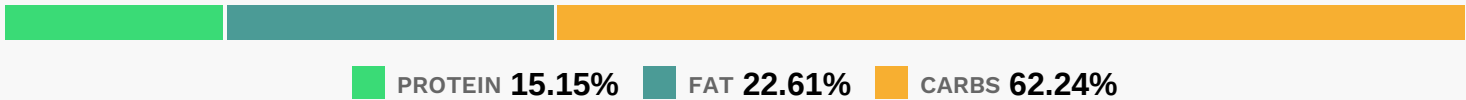
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Heat the oil over medium heat in a large pot, add the onions, scallions, garlic cumin, achiote, cilantro, salt and pepper.
- ☐ Place the rice in the food processor and process for about 2 minutes.
- ☐ Mix well, the rice, milk, eggs, sazón goya, cumin, salt and pepper in a medium bowl.
- ☐ Pour oil to a depth of 2 inches in a skillet. Drop the rice mixture by tablespoons into hot oil. Cook 2 to 4 minutes, or until golden, turning once.
- ☐ Drain on paper towels. Set aside.
- ☐ Add the fritters to the soup and cook for 12 minutes more.
- ☐ Add fresh cilantro and serve warm with rice and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:68.1, Glycemic Load:41.31, Inflammation Score:-10, Nutrition Score:21.694782744283%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 343.05kcal (17.15%), Fat: 8.69g (13.37%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 53.84g (17.95%), Net Carbohydrates: 48.35g (17.58%), Sugar: 4.44g (4.93%), Cholesterol: 57mg (19%), Sodium: 1740.21mg (75.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Vitamin A: 3630.86IU (72.62%), Vitamin C: 41.22mg (49.97%), Vitamin B6: 0.77mg (38.34%), Manganese: 0.72mg (36.25%), Potassium: 1203.76mg (34.39%), Vitamin B3: 5.63mg (28.17%), Vitamin K: 27.51µg (26.2%), Phosphorus: 253.94mg (25.39%), Fiber: 5.49g (21.97%), Iron: 3.41mg (18.95%), Selenium: 12.82µg (18.32%), Magnesium: 71.02mg (17.75%), Vitamin B2: 0.27mg (16.13%), Vitamin B1: 0.22mg (14.75%), Folate: 57.78µg (14.45%), Copper: 0.29mg (14.35%), Vitamin B5: 1.24mg (12.36%), Calcium: 115.21mg (11.52%), Vitamin B12: 0.52µg (8.67%), Zinc: 1.26mg (8.37%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.52µg (3.45%)