



Sopa de Patacón (Fried Green Plantain Soup)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups beef broth
- ☐ 0.3 cilantro leaves fresh for garnish
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground achiote
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon oil
- ☐ 1 cup onion diced
- ☐ 0.5 cup bell pepper diced red

- ☐ 6 servings salt and pepper
- ☐ 3 scallions finely chopped

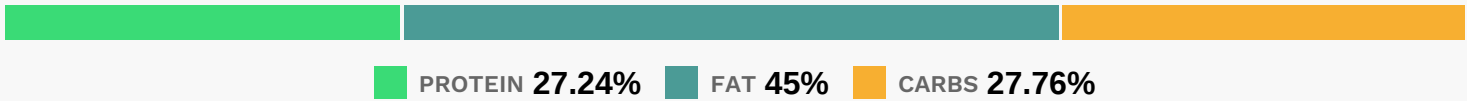
Equipment

- ☐ pot

Directions

- ☐ eat the oil over medium heat in a large pot, add the onions, garlic, scallions, bell pepper, cumin and achiote. Cook for about 5 minutes, stirring often.
- ☐ Add the beef broth to the pot and bring to a boil. Reduce the heat to medium and cook for 20 minutes.
- ☐ Add the patacones and cook over low heat for about 10–15 minutes, be very careful not to stir the soup, to avoid breaking the patacones.
- ☐ Sprinkle cilantro on top and serve warm.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:5.6408695682235%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 61.72kcal (3.09%), Fat: 3.16g (4.86%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 1387.29mg (60.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin C: 19.5mg (23.63%), Vitamin K: 15.09µg (14.37%), Vitamin B3: 2.7mg (13.5%), Vitamin A: 456.99IU (9.14%), Potassium: 263.96mg (7.54%), Vitamin B6: 0.12mg (6.16%), Manganese: 0.12mg (6.07%), Phosphorus: 57.95mg (5.79%), Vitamin B2: 0.09mg (5.42%), Folate: 21.13µg (5.28%), Iron: 0.88mg (4.9%), Vitamin E: 0.65mg (4.34%), Selenium: 2.64µg (3.78%), Vitamin B12: 0.22µg (3.73%), Fiber: 0.92g (3.69%), Calcium: 34.97mg (3.5%), Magnesium: 12.77mg (3.19%), Vitamin B1: 0.03mg (2.18%), Vitamin B5:

0.15mg (1.5%), Copper: 0.02mg (1.19%)