



Sopa de Torrejas (Colombian Beef and Fritters Soup)

READY IN



45 min.

SERVINGS



6

CALORIES



1270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 5.5 pound beef diced
- ☐ 8 cups beef stock
- ☐ 1 cup carrots diced
- ☐ 2 eggs beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 cup aliños sauce
- ☐ 0.3 teaspoon paprika
- ☐ 2 potatoes diced
- ☐ 6 servings salt and pepper
- ☐ 6 servings vegetable oil for frying
- ☐ 1 teaspoon milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot

Directions

- ☐ Place a pot over medium-high heat.
- ☐ Add the beef, beef stock, carrots, aliños, thyme and sazón goya, bring to a boil. Reduce the heat to medium-low.
- ☐ Let it simmer for 40 minutes.
- ☐ Heat oil to 325 degrees F. In a medium bowl, combine flour, baking powder, cumin, paprika, salt, pepper and sazón goya. In a small bowl, combine milk and eggs.
- ☐ Add milk mixture to flour mixture, stirring well.
- ☐ Pour oil to a depth of 2 inches in a skillet. Drop by tablespoons into hot oil. Cook 2 to 4 minutes, or until golden, turning once.
- ☐ Drain on paper towels. Set aside. To serve: Ladle the soup in a bowl. Arrange the fritters in the center of the soup.
- ☐ Garnish with fresh cilantro.

Nutrition Facts



 **PROTEIN 26.4%**  **FAT 63.31%**  **CARBS 10.29%**

Properties

Glycemic Index:72.1, Glycemic Load:15.58, Inflammation Score:-10, Nutrition Score:45.939565326857%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 1270.28kcal (63.51%), Fat: 87.94g (135.29%), Saturated Fat: 32.96g (206.02%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 29.63g (10.78%), Sugar: 7.99g (8.87%), Cholesterol: 349.87mg (116.62%), Sodium: 1401.08mg (60.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.51g (165.01%), Vitamin B12: 9.03µg (150.55%), Zinc: 18.46mg (123.08%), Vitamin B3: 21.97mg (109.87%), Selenium: 74.51µg (106.44%), Vitamin B6: 1.79mg (89.58%), Phosphorus: 850.05mg (85%), Vitamin A: 3740.92IU (74.82%), Vitamin B2: 1.06mg (62.62%), Potassium: 2122.41mg (60.64%), Iron: 10.42mg (57.9%), Vitamin B1: 0.44mg (29.65%), Magnesium: 117.07mg (29.27%), Copper: 0.53mg (26.47%), Vitamin B5: 2.64mg (26.36%), Folate: 77.41µg (19.35%), Vitamin C: 15.7mg (19.03%), Vitamin K: 19.33µg (18.41%), Vitamin E: 2.32mg (15.45%), Calcium: 138.81mg (13.88%), Manganese: 0.27mg (13.31%), Fiber: 2.52g (10.08%), Vitamin D: 0.72µg (4.79%)