



Sopa Seca de Fideo (Mexican-style Angel Hair Nests)



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound angel hair nests (Vermicelli usually comes in 1 pound packages, so)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tomatoes fresh canned crushed peeled chopped
- ☐ 2 cups chicken broth
- ☐ 4 servings salt and pepper

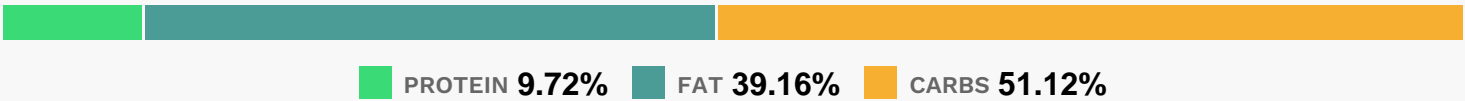
Equipment

- ☐ frying pan

Directions

- ☐ Brown the angle hair nests: Choose a frying pan with a lid in which the angel hair nests will all tightly fit in a single layer (about 9 or 10-inches wide, depending on the brand of angel hair nests you use). In the pan, heat the oil until shimmering hot.
- ☐ Working in batches, fry the vermicelli angel hair nests on both sides in the hot oil until golden brown in color.
- ☐ Remove from pan.
- ☐ Sauté onions, add tomatoes, broth:
- ☐ Add the chopped onions to the pan and sauté until lightly browned, about 5 minutes.
- ☐ Add the chopped tomatoes.
- ☐ Add the chicken broth. Season with salt and pepper to taste.
- ☐ Cook angel hair nests in simmering broth: Bring the broth mixture to a simmer. When broth is simmering, place the browned angel hair nests or vermicelli in a single layer in the pan, nestled into the broth. The nests should cover the whole pan. Turn them over in the broth so that they get moistened on all sides. Cover and cook until the vermicelli has soaked up the liquid, about 5 minutes.
- ☐ If after 5 minutes the top of the vermicelli is dry, flip over the individual angel hair nests and cook a minute longer.
- ☐ Remove from heat and let sit for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:17.03, Inflammation Score:-2, Nutrition Score:7.8926086634721%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 336.9kcal (16.85%), Fat: 14.6g (22.47%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 41.07g (14.93%), Sugar: 2.04g (2.27%), Cholesterol: 2.35mg (0.78%), Sodium: 634.05mg (27.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.31%), Selenium: 36.31µg (51.87%), Manganese: 0.58mg (28.77%), Vitamin E: 2.06mg (13.73%), Phosphorus: 112.02mg (11.2%), Copper: 0.18mg (9.13%), Magnesium: 31.33mg (7.83%), Vitamin K: 8.21µg (7.82%), Fiber: 1.82g (7.3%), Vitamin B3: 1.23mg (6.14%), Vitamin B2: 0.1mg (6.09%), Zinc: 0.88mg (5.89%), Vitamin B1: 0.08mg (5.07%), Iron: 0.9mg (5.02%), Potassium: 149.23mg (4.26%), Vitamin B6: 0.08mg (4.06%), Folate: 10.27µg (2.57%), Vitamin B5: 0.26mg (2.56%), Calcium: 17.03mg (1.7%)