

SPINACH CREAM SOUP WITH SAUTEED TANGERINE



Low protein diet



First Course



Consumer Eroski

This recipe is originally from Consumer EROSKI and was adapted by Hospital San Joan de Déu



INGREDIENTS

RECIPE FOR 4 PEOPLE

- 400g frozen spinach
- 1 onion
- 2 potatoes
- 1 tangerine
- 60 ml olive oil
- A pinch of salt

METHOD

- Cut the onion into fine strips and fry in a pot with the olive oil.
- When the onion starts to cook, add the spinach and the potatoes, previously peeled and cut into pieces.
- Stir the mixture and heat through. Cover with water and let it cook for 30 minutes.
- Blend the contents of the pot until you get a fine cream. Add salt to taste.
- In a frying pan, with a little oil, sautee the segments of tangerine and add some rock salt.
- Serve the cream in bowls.
- Finally, decorate with the sautéed tangerine segments.

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 6.8 g (Kcal 8 %)
- Lipids total (g): 16 g (Kcal 52 %)
- Carbohydrates (g) 30.2 g (Kcal 43 %)
- Energy (Kcal): 275
- Polyunsaturates (g): 1.8
- Tryptophane (mg): 194
- Leucine (mg): 311
- Lysine (mg) 423
- Methionine (mg): 56
- Phenylalanine (mg): 326



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Translation

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