



ARROZ ATOLLADO (COLOMBIAN-STYLE PORK RISOTTO)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups chicken broth and more as necessary
- ☐ 2 chorizos smoked sliced
- ☐ 3 tablespoons cilantro leaves fresh chopped for garnish
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper fresh
- ☐ 0.5 pound pork loin ribs boneless cut into 1"x1" cubes

- ☐ 1 pound pork sirloin cut into 1"x1" cubes
- ☐ 2 cups potatoes cut into 1 1/2- inch pieces
- ☐ 3 tablespoons bell pepper sweet red chopped
- ☐ 0.3 teaspoon salt
- ☐ 5.5 cups scallions chopped
- ☐ 2 cups tomatoes fresh chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 4 cups water
- ☐ 1.5 cups rice white

Equipment

- ☐ sauce pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat 3 tablespoons vegetable oil in a large heavy pot over medium heat.
- ☐ Add the pork and cook about 2 to 3 minutes on each side, until just cooked on the outside.
- ☐ Add 4 cups of water and 4 cups of chicken broth. Cover and cook for 30 minutes.HOGAO:When the stock is cooking, in a large sauce pan over medium-low heat, add 3 tablespoons vegetable oil, tomatoes, scallions, garlic, sweet pepper, sazón goya, salt, black pepper, ground cumin and cilantro. Cook for 10 to 15 minutes, stirring often.
- ☐ Remove the pork from the liquid and set aside. Strain the stock and measure, you should have 6 cups, if not add more chicken broth.In a large pot or Dutch oven, add the hogao, rice, pork and stock and bring to a boil. Then reduce the heat to medium-low and simmer uncovered for 20 minutes, stirring occasionally.
- ☐ Add the potatoes and chorizo and cook for an additional 15 minutes. This rice should have a consistency similar to risotto.
- ☐ Remove from the heat and sprinkle with cilantro and serve.

Nutrition Facts



 **PROTEIN 27.3%**  **FAT 27.85%**  **CARBS 44.85%**

Properties

Glycemic Index:34.59, Glycemic Load:19.97, Inflammation Score:-8, Nutrition Score:21.99565200702%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 321.5kcal (16.07%), Fat: 9.9g (15.23%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 32.69g (11.89%), Sugar: 2.96g (3.29%), Cholesterol: 53.66mg (17.89%), Sodium: 571.99mg (24.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.69%), Vitamin K: 125.22µg (119.26%), Vitamin B6: 0.75mg (37.47%), Vitamin B1: 0.55mg (36.6%), Selenium: 25.11µg (35.87%), Vitamin B3: 6.58mg (32.92%), Vitamin C: 26.5mg (32.12%), Manganese: 0.57mg (28.59%), Phosphorus: 259.86mg (25.99%), Potassium: 750.88mg (21.45%), Vitamin B2: 0.36mg (21.33%), Vitamin A: 896.63IU (17.93%), Zinc: 2.4mg (16.01%), Magnesium: 52.64mg (13.16%), Copper: 0.26mg (12.76%), Fiber: 3.18g (12.73%), Folate: 50.54µg (12.64%), Iron: 2.23mg (12.38%), Vitamin B5: 1.13mg (11.32%), Vitamin B12: 0.57µg (9.57%), Calcium: 69.09mg (6.91%), Vitamin E: 0.99mg (6.58%), Vitamin D: 0.24µg (1.57%)