



HEALTH SCORE

100%

Carne de Cerdo Rellena (Pork Stuffed with Vegetables)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds roasted boneless
- ☐ 0.5 cup carrots diced
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup peas
- ☐ 1 pound potatoes

- ☐ 4 servings salt and pepper
- ☐ 2 scallions
- ☐ 5 cups water
- ☐ 1 pound yuca frozen

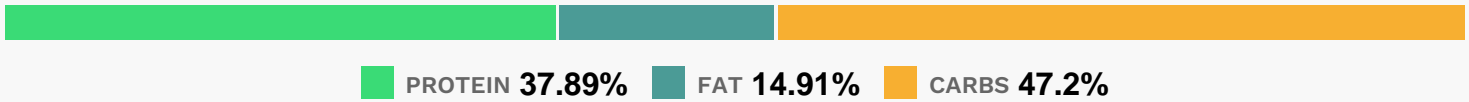
Equipment

- ☐ food processor
- ☐ knife
- ☐ pot

Directions

- ☐ Place the onions, garlic, and scallion in a food processor and puree.To create the cavity for the stuffing, use a long sharp knife and cut a 1 1/2 to 2-inch hole through the center of the roast making a lengthwise slit. Turn the meat around and cut another slit in the same spot so that your knife completes the cavity.Stuff the pork with the peas, carrots and half of the onion mixture, pushing with your fingers to be sure the filling goes all the way through. Tie the end of the pork so the filling does not come out.
- ☐ Place the pork in a zip lock bag, add the rest of the onion mixture, salt and pepper.Be sure the pork is covered with the marinade and refrigerate for at least 3 hours or overnight.In a large pot, place the stuffed pork water, sazón goya and cumin powder. Reduce the heat to medium low, cover and cook for 1 hour to 1 hour and 30 minutes, stirring occasionally.dd the potatoes and yuca, and cook for an additional 30 minutes or until the vegetables are tender.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:82.54, Glycemic Load:41.54, Inflammation Score:-10, Nutrition Score:39.279130832009%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol:

1.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 602.46kcal (30.12%), Fat: 9.83g (15.13%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 70.03g (23.34%), Net Carbohydrates: 63.46g (23.08%), Sugar: 5.61g (6.23%), Cholesterol: 142.88mg (47.63%), Sodium: 356.77mg (15.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.21g (112.43%), Vitamin B6: 2.25mg (112.33%), Selenium: 64.66µg (92.37%), Vitamin B1: 1.27mg (84.66%), Vitamin B3: 15.81mg (79.03%), Vitamin C: 56.99mg (69.08%), Phosphorus: 642.28mg (64.23%), Vitamin A: 2892.16IU (57.84%), Potassium: 1784.64mg (50.99%), Manganese: 0.79mg (39.57%), Zinc: 5.18mg (34.51%), Vitamin B2: 0.56mg (32.98%), Magnesium: 124.22mg (31.05%), Fiber: 6.57g (26.28%), Copper: 0.47mg (23.67%), Vitamin B5: 2.25mg (22.47%), Vitamin K: 23.46µg (22.34%), Vitamin B12: 1.16µg (19.28%), Folate: 71.29µg (17.82%), Iron: 3.05mg (16.96%), Calcium: 75.86mg (7.59%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.7mg (4.65%)