



## COLOMBIAN CHICKEN SANCOCHO (SANCOCHO DE GALLINA O VALLUNO)

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound yucacut into big pieces frozen
- ☐ 1 big chicken whole
- ☐ 2 chicken bouillon cubes
- ☐ 3 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 plantains green peeled

- ☐ 1 teaspoon salt
- ☐ 12 cups water
- ☐ 6 medium potatoes white peeled cut in half

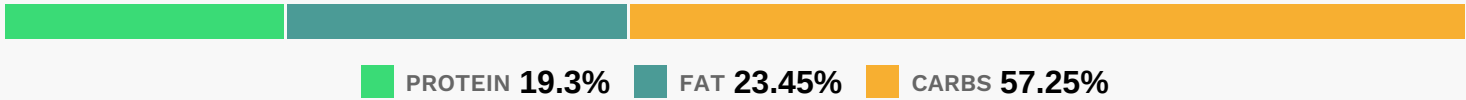
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ In a large pot, place the chicken, corn, aliños, chicken bouillon, salt and green plantain.
- ☐ Add the water and bring to a boil, then cover and reduce heat to medium and cook for about 30 to 35 minutes.
- ☐ Add the potatoes, yuca and pepper and continue cooking for 30 more minutes or until the yuca and potatoes are fork tender. Stir in the cilantro.Taste and adjust the seasoning.
- ☐ Serve in large soup bowls, dividing the chicken and vegetables evenly.

## Nutrition Facts



## Properties

Glycemic Index:23.72, Glycemic Load:33.33, Inflammation Score:-7, Nutrition Score:23.004347687182%

## Flavonoids

Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 613.24kcal (30.66%), Fat: 15.94g (24.53%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 87.58g (29.19%), Net Carbohydrates: 81.28g (29.55%), Sugar: 5.82g (6.47%), Cholesterol: 71.54mg (23.85%), Sodium: 631.09mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.53g (59.05%), Selenium: 50.42µg (72.03%), Vitamin B3: 9.66mg (48.29%), Vitamin C: 38.12mg (46.21%), Vitamin B6: 0.85mg (42.73%), Manganese: 0.85mg (42.46%), Phosphorus: 365.72mg (36.57%), Potassium: 1133.76mg (32.39%), Magnesium: 113.61mg (28.4%), Fiber: 6.31g (25.23%), Copper: 0.48mg (23.82%), Vitamin B1: 0.31mg (20.58%), Vitamin B5: 1.98mg (19.77%), Zinc: 2.69mg (17.95%), Iron: 3.13mg (17.37%), Folate: 63.66µg (15.92%), Vitamin B2: 0.26mg (15.15%), Vitamin K: 5.66µg

(5.39%), Calcium: 52.56mg (5.26%), Vitamin B12: 0.3µg (4.97%), Vitamin A: 233.07IU (4.66%), Vitamin E: 0.4mg (2.68%), Vitamin D: 0.19µg (1.27%)