



Colombian Yellow Hominy Soup (Sopa de maiz Pelao)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 can oz hominy yellow (15.5) (maiz pelao amarillo)
- ☐ 2 pounds pork neck bones
- ☐ 2 medium potatoes diced peeled
- ☐ 6 servings salt and pepper

- ☐ 2 scallions whole
- ☐ 8 cups water

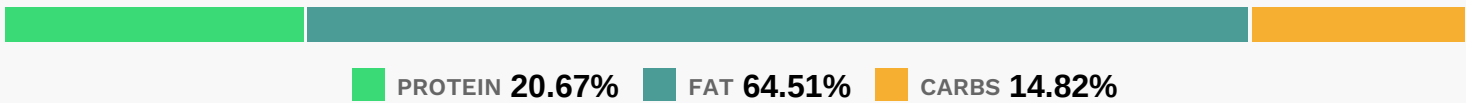
Equipment

- ☐ pot

Directions

- ☐ Place a pot over medium-high heat.
- ☐ Add the water, salt, pepper, whole scallions, cumin, sazón Goya and pork ribs, bring to a boil. Reduce the heat to medium-low. Cook for about 35 to 40 minutes. Discard the scallions.
- ☐ Add potato, hominy, thyme and hogao, cover and cook for 25 minutes more or until the pork is cooked.
- ☐ Add the cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:9.15, Inflammation Score:-4, Nutrition Score:13.910000028818%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 350.19kcal (17.51%), Fat: 24.88g (38.28%), Saturated Fat: 7.99g (49.95%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 11.13g (4.05%), Sugar: 0.66g (0.73%), Cholesterol: 84.67mg (28.22%), Sodium: 301.37mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.87%), Vitamin B6: 0.82mg (41.09%), Selenium: 23.54µg (33.63%), Vitamin B3: 5.72mg (28.61%), Vitamin B1: 0.4mg (26.55%), Zinc: 2.92mg (19.44%), Phosphorus: 192.57mg (19.26%), Vitamin C: 15.2mg (18.42%), Vitamin B2: 0.29mg (17.29%), Potassium: 573.6mg (16.39%), Vitamin D: 2.43µg (16.23%), Vitamin K: 11.7µg (11.15%), Copper: 0.22mg (10.96%), Iron: 1.73mg (9.61%), Magnesium: 38.3mg (9.58%), Vitamin B5: 0.88mg (8.79%), Fiber: 1.73g (6.92%), Manganese: 0.14mg (6.87%), Vitamin B12: 0.4µg (6.7%), Calcium: 39.55mg (3.95%), Folate: 14.43µg (3.61%), Vitamin E: 0.44mg (2.95%), Vitamin A: 96.32IU (1.93%)