



HEALTH SCORE

60%

Cuchuco de Maíz (Pork and Hominy Corn Colombian Soup)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 beef bouillon tablet
- ☐ 2 cups cabbage shredded
- ☐ 0.5 cup carrots diced
- ☐ 6 servings cilantro leaves fresh
- ☐ 3 garlic cloves
- ☐ 0.5 teaspoon ground achiote
- ☐ 2 teaspoons ground cumin

- ☐ 1 cup onion chopped
- ☐ 0.5 cup peas
- ☐ 2 pounds pork bones
- ☐ 2 medium potatoes diced yellow peeled
- ☐ 0.5 cup bell pepper diced red
- ☐ 2 potatoes diced red peeled
- ☐ 6 servings salt and pepper
- ☐ 2 scallions chopped
- ☐ 10 cups water

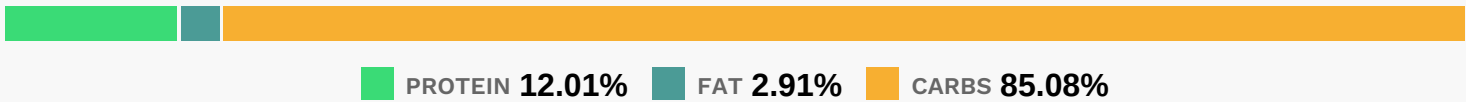
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Place the onion, garlic, scallions, and red bell pepper in the food processor.
- ☐ Place a pot over medium-high heat.
- ☐ Add the water, beef bouillon, corn, and pork bones, bring to a boil. Reduce the heat to medium-low.
- ☐ Add the onion mixture salt and pepper and let it simmer for 50 minutes.
- ☐ Add the potatoes, cabbage, peas, carrots, Sazon Goya, ground cumin, and flour. Cover and cook for 25 minutes more or until the pork is cooked.
- ☐ Add the fresh cilantro and serve with avocado and ají.

Nutrition Facts



Properties

Glycemic Index:62.82, Glycemic Load:11.14, Inflammation Score:-9, Nutrition Score:15.305217219436%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 144.31kcal (7.22%), Fat: 0.49g (0.75%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 26.87g (9.77%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 246.95mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin C: 53.26mg (64.56%), Vitamin A: 2348.2IU (46.96%), Vitamin K: 34.91µg (33.25%), Vitamin B6: 0.49mg (24.32%), Potassium: 820mg (23.43%), Fiber: 5.26g (21.05%), Manganese: 0.41mg (20.69%), Copper: 0.29mg (14.59%), Folate: 57.57µg (14.39%), Vitamin B1: 0.2mg (13.08%), Magnesium: 51.77mg (12.94%), Phosphorus: 124.76mg (12.48%), Iron: 2.03mg (11.29%), Vitamin B3: 2.19mg (10.97%), Calcium: 62.32mg (6.23%), Vitamin B2: 0.1mg (5.95%), Vitamin B5: 0.58mg (5.84%), Zinc: 0.84mg (5.6%), Vitamin E: 0.38mg (2.56%), Selenium: 1.29µg (1.84%)