



Estofado de Cerdo y Yuca (Pork and Cassava Stew)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon achiote powder
- ☐ 3 cups beer
- ☐ 1 bell pepper chopped
- ☐ 2 carrots peeled sliced
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 4 garlic cloves

- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds pork loin cut in large chunks
- ☐ 6 servings salt and pepper
- ☐ 4 scallions chopped
- ☐ 2 cups tomatoes crushed
- ☐ 1 onion white cut in chunks
- ☐ 1 pound yuca

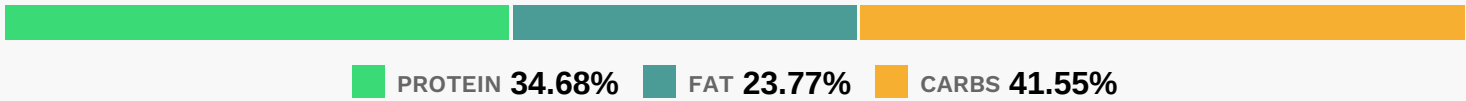
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Blend the scallions, garlic, cumin, salt and pepper with 1 cup of beer.Marinate the pork meat in the scallion marinade for at least 3 hours or overnight.
- ☐ Place the onion, bell peppers and tomatoes in the food processor and process for 2 minutes.
- ☐ Heat the oil in a large pot.
- ☐ Add the pork pieces, onion, tomatoes and pepper mixture, stir and cook for about 5 minutes.
- ☐ Add the achiote, chili powder, remaining beer and bring to a boil. Reduce the heat, cover and let simmer for about 2 hours or until the pork is tender and the sauce has reduced and thickened.
- ☐ Add water as needed throughout the cooking process. In the last 30 minutes of cooking time, add the yuca and carrots.
- ☐ Sprinkle fresh cilantro and serve hot with white rice.

Nutrition Facts



Properties

Glycemic Index:57.43, Glycemic Load:21.73, Inflammation Score:-10, Nutrition Score:32.015652221182%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 466.35kcal (23.32%), Fat: 11.48g (17.67%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 40.64g (14.78%), Sugar: 7.63g (8.48%), Cholesterol: 95.25mg (31.75%), Sodium: 409.16mg (17.79%), Alcohol: 4.6g (100%), Alcohol %: 1.17% (100%), Protein: 37.69g (75.38%), Vitamin A: 4355.36IU (87.11%), Vitamin B6: 1.52mg (76.25%), Vitamin C: 53.27mg (64.57%), Selenium: 44.11µg (63.01%), Vitamin B3: 11.43mg (57.13%), Vitamin B1: 0.85mg (56.38%), Phosphorus: 428.78mg (42.88%), Potassium: 1213.49mg (34.67%), Manganese: 0.6mg (29.75%), Vitamin K: 31.02µg (29.54%), Vitamin B2: 0.44mg (25.63%), Zinc: 3.42mg (22.77%), Magnesium: 88.68mg (22.17%), Fiber: 4.52g (18.09%), Copper: 0.35mg (17.72%), Vitamin E: 2.58mg (17.18%), Vitamin B5: 1.64mg (16.43%), Iron: 2.71mg (15.03%), Folate: 60.1µg (15.02%), Vitamin B12: 0.79µg (13.25%), Calcium: 77.49mg (7.75%), Vitamin D: 0.6µg (4.03%)