



Fritanga o Picada Colombiana (Fried Food Platter)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



988 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings ají for serving
- ☐ 2 pounds chorizo cooked cut into pieces and
- ☐ 6 servings guacamole for serving
- ☐ 0.5 cup aliños sauce
- ☐ 6 servings lime wedges for serving
- ☐ 1 cup oil for frying
- ☐ 2 pounds pork meat cut into pieces

- ☐ 1 large tomatoes cut into pieces
- ☐ 6 servings yuca fries (Recipe here)

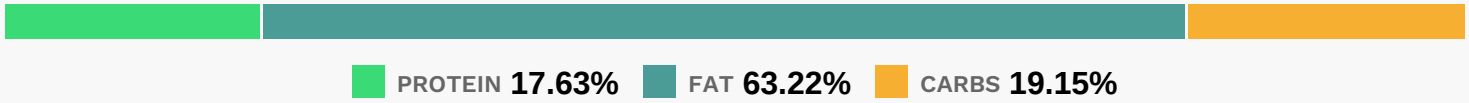
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large plastic bowl place the pork, add the aliños sauce.
- ☐ Mix well, cover and refrigerate for a least three hours or overnight.
- ☐ Put the oil in a pan over medium heat. When the oil is hot.
- ☐ Add the pork ribs and fry for about 15 minutes or until they are cooked and golden.When ready to serve, arrange all the ingredients on a large serving platter and serve with sauces.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:23.25, Inflammation Score:-6, Nutrition Score:17.304782763771%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 987.78kcal (49.39%), Fat: 67.85g (104.38%), Saturated Fat: 22.13g (138.29%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 43.91g (15.97%), Sugar: 7.18g (7.98%), Cholesterol: 179.17mg (59.72%), Sodium: 339.95mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.56g (85.12%), Vitamin B6: 0.73mg (36.52%), Selenium: 24.02µg (34.31%), Vitamin C: 27.2mg (32.97%), Vitamin B3: 6.03mg (30.13%), Vitamin B1: 0.44mg (29.34%), Iron: 4.26mg (23.68%), Manganese: 0.44mg (22.2%), Zinc: 3.06mg (20.39%), Vitamin B2: 0.32mg (19.01%), Phosphorus: 185.45mg (18.55%), Potassium: 616.24mg (17.61%), Vitamin A: 817.53IU (16.35%), Vitamin D: 2.43µg (16.23%), Vitamin E: 2.09mg (13.92%), Magnesium: 42.48mg (10.62%), Copper: 0.21mg (10.47%), Vitamin K: 10.03µg (9.56%), Fiber: 2.33g (9.31%), Folate: 33.48µg (8.37%), Vitamin B5: 0.82mg (8.17%), Vitamin B12: 0.4µg

(6.7%), Calcium: 35.98mg (3.6%)