



Garbanzos con Paticas de Cerdo (Chick Peas with Pork Feet Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon achiote powder
- ☐ 2 carrots peeled sliced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 pound garbanzo beans dry
- ☐ 4 garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion diced

- ☐ 1 pound pork hocks cut into small pieces
- ☐ 2 potatoes diced peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 4 scallions diced
- ☐ 1 cup tomatoes fresh diced
- ☐ 8 cups water

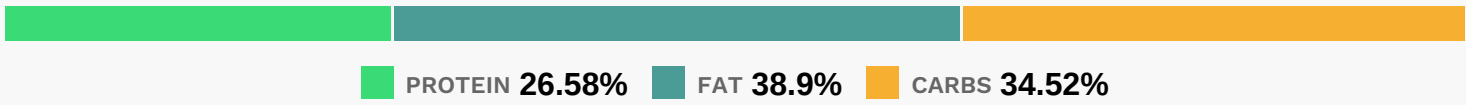
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ lace the onion, garlic, scallions, tomatoes, achiote, cumin, and 3 tablespoons of water in the blender and blend until a paste is formed.
- ☐ Drain the garbanzo beans and place in a large pot and add the water, onion mixture and pork hocks. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 1 hour and 30 minutes.
- ☐ Add the carrots and potatoes and cook for 30 minutes more or until the beans are tender.
- ☐ Add fresh cilantro and serve with white rice and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:40.04, Glycemic Load:10.9, Inflammation Score:-9, Nutrition Score:14.51782611142%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.24mg, Quercetin:

4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 340.27kcal (17.01%), Fat: 14.72g (22.65%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 22.79g (8.29%), Sugar: 5.1g (5.66%), Cholesterol: 61.8mg (20.6%), Sodium: 357.57mg (15.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.27%), Vitamin A: 2816.33IU (56.33%), Manganese: 0.77mg (38.59%), Folate: 118.57µg (29.64%), Fiber: 6.59g (26.37%), Vitamin C: 17.45mg (21.15%), Potassium: 739.97mg (21.14%), Vitamin K: 20.83µg (19.84%), Iron: 3.39mg (18.82%), Vitamin B6: 0.31mg (15.62%), Copper: 0.3mg (14.82%), Phosphorus: 145.4mg (14.54%), Magnesium: 47.54mg (11.89%), Vitamin B1: 0.14mg (9.32%), Zinc: 1.17mg (7.81%), Calcium: 65.99mg (6.6%), Vitamin B3: 1.2mg (5.97%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.41mg (4.11%), Selenium: 2.61µg (3.73%), Vitamin E: 0.46mg (3.09%)