



## Hallacas Guajiras de Pollo (Chicken Hallacas)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 tablespoons achiote
- ☐ 2 tablespoons capers
- ☐ 1 cup carrots diced peeled
- ☐ 3 chicken breasts bone in
- ☐ 1 cup peas fresh ()
- ☐ 4 garlic cloves
- ☐ 1 cup green beans
- ☐ 1 large bell pepper diced green

- ☐ 4 tablespoons ground cumin
- ☐ 1 large onion diced
- ☐ 3 tablespoons raisins
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 30 servings salt
- ☐ 4 scallions chopped
- ☐ 2 cups water

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ aluminum foil
- ☐ steamer basket

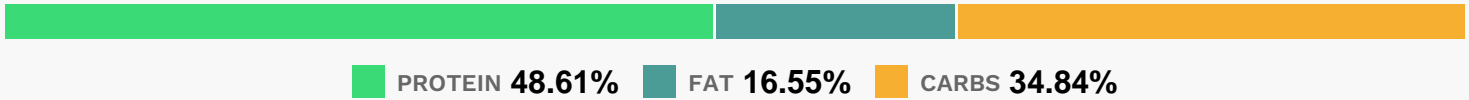
## Directions

- ☐ lace the chicken in a large pot.
- ☐ Add the onions, garlic, pepper, scallions, ground cumin, achiote, salt and water.ook over medium heat until the chicken is very tender, about 1 hour.
- ☐ Let it cool and shred the chicken using your hands or a fork.
- ☐ Place in a saucepan.
- ☐ Place the masarepa in a large bowl, add the water, salt, achiote oil and aliños.
- ☐ Place 1 piece of the leaf on a work surface and place a second leaf on top, pointing in the opposite direction, like forming a cross.
- ☐ Spread about 5 tablespoons of masa in the center of the banana leaves or aluminum foil, at the point where they connect and form a cross.
- ☐ Add about 3 tablespoons of the filling in a line down the center of each portion of the masa. Fold the banana leaves up, one of the four sides at the time, so that the leaves enclose all of the filling, like you're making a package. Tie with butcher's string. Continue the process until all the hallacas are wrapped and tied.Position a steamer basket inside a large pot (such as a

stockpot or pasta pot).

- ☐
- Add water and place the hallacas in the steamer basket, cover the steamer, and bring to a boil. Steam the hallacas until masa is completely cooked through and tender, about 45 minutes.
- ☐
- Remove hallacas from the steamer and allow to cool briefly and serve with ají.

## Nutrition Facts



## Properties

Glycemic Index:11.07, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:5.1839130715184%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

## Nutrients (% of daily need)

Calories: 44.65kcal (2.23%), Fat: 0.84g (1.29%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.01g (1.1%), Sugar: 1.05g (1.17%), Cholesterol: 14.46mg (4.82%), Sodium: 241.47mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin A: 867.93IU (17.36%), Vitamin B3: 2.64mg (13.2%), Vitamin C: 9.85mg (11.94%), Vitamin B6: 0.22mg (11.14%), Selenium: 7.5µg (10.71%), Vitamin K: 7.36µg (7.01%), Phosphorus: 64.81mg (6.48%), Potassium: 169.24mg (4.84%), Iron: 0.85mg (4.72%), Manganese: 0.09mg (4.63%), Fiber: 0.95g (3.8%), Vitamin B5: 0.37mg (3.67%), Magnesium: 14.23mg (3.56%), Vitamin B1: 0.05mg (3.18%), Vitamin B2: 0.05mg (2.77%), Folate: 9.42µg (2.35%), Copper: 0.04mg (2.17%), Zinc: 0.28mg (1.9%), Calcium: 17.44mg (1.74%), Vitamin E: 0.17mg (1.16%)