



How to Make Frijoles Antioqueños



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots peeled cut into pieces
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoons ground cumin
- ☐ 0.5 cup aliños sauce
- ☐ 1 pound pinto beans dry
- ☐ 1 plantains diced green
- ☐ 1 pound pork hocks
- ☐ 8 servings salt and pepper to taste

☐ 9 cups water if necessary

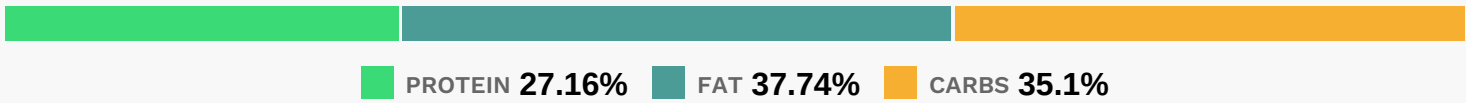
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Drain the beans and place in a large pot with the pork hocks and water.
- ☐ Place over medium-high heat, bring to a boil, reduce the heat to low and simmer, uncovered, cook for about 20 minutes.
- ☐ Add the diced plantain, carrots, aliños and cumin. Cook for about 1 hour.
- ☐ Add the hogao , chopped cilantro and season with salt and pepper. Cook for 15 minutes more or until the beans are tender.remove the ham hocks from the soup and set aside until cool enough to handle. Discard the skin and bones and cut the meat into 1/2-inch pieces and set aside.
- ☐ Remove the carrots from the soup and place in a blender with about 1 cup of the soup. Blend until smooth and return to the bean soup.Ladle the soup into bowls,
- ☐ Add pieces of pork hocks and serve immediately with white rice, ají and avocado.

Nutrition Facts



Properties

Glycemic Index:10.48, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:10.570000039495%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 323.57kcal (16.18%), Fat: 13.43g (20.67%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 21.41g (7.79%), Sugar: 4.79g (5.32%), Cholesterol: 61.8mg (20.6%), Sodium: 540.37mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.5%), Vitamin A: 3044IU (60.88%), Folate: 127.39µg (31.85%), Fiber: 6.71g (26.83%), Potassium: 588.66mg (16.82%), Iron: 2.5mg (13.9%), Manganese: 0.27mg (13.54%), Magnesium: 43.39mg (10.85%), Copper: 0.21mg (10.55%), Vitamin B1: 0.16mg (10.35%), Phosphorus: 91.27mg (9.13%), Vitamin C: 5.74mg (6.95%), Calcium: 56.84mg (5.68%), Zinc: 0.77mg (5.14%), Vitamin B6: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.33%), Vitamin K: 3.94µg (3.75%), Vitamin B5: 0.31mg (3.07%), Vitamin B3: 0.61mg (3.05%), Selenium: 0.77µg (1.1%)