



## Lechona Tolimense (Colombian-Style Stuffed Pork)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



1131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.3 cups rice white cooked
- ☐ 2 garlic cloves finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 cup peas
- ☐ 1 pound pork meat cut into small pieces
- ☐ 0.3 cup fat
- ☐ 2 pounds pork fatback skins

- ☐ 2 potatoes diced peeled
- ☐ 8 servings salt and pepper
- ☐ 3 scallions chopped

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

## Directions

- ☐ In a medium sauce pan melt the pork fat.
- ☐ Add the scallions and garlic. Cook for about 3 minutes. In a large bowl mix the pork meat, cooked rice, ground cumin, sazón goya, peas, potatoes, salt and pepper.
- ☐ Add the pork fat and onion mixture to the bowl. Cover and place in the refrigerator for 1 hour. To assemble: Rinse the pork fat skin under cold water and pat dry.
- ☐ Lay the pork fat skin on a work surface, top with rice mixture. Start rolling the pork skin to enclose the rice and pork mixture completely. Tie with kitchen string to hold the roll together. Preheat the oven to 325 F. Cover the lechona with aluminum foil and place on a baking dish.
- ☐ Bake for about 40 minutes uncovered and turn the lechona, cover again and cook for 30 minutes more. Uncover and cook for 25 minutes more, to allow the skin to brown.
- ☐ Remove from the oven and transfer it to a cutting board. Carve the lechona after it has rested for at least 15 minutes.
- ☐ Serve with arepa and lime wedges on the side. Note: If you want to see pictures of a traditional lechona made with a whole pig you can visit Nika's blog [here](#). If you are a vegetarian, I don't recommend the pictures.

## Nutrition Facts



 **PROTEIN 6.4%**  **FAT 86.89%**  **CARBS 6.71%**

Properties

Glycemic Index:38.01, Glycemic Load:14.95, Inflammation Score:-3, Nutrition Score:14.168261139289%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 1130.82kcal (56.54%), Fat: 108.69g (167.21%), Saturated Fat: 39.41g (246.29%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 16.7g (6.07%), Sugar: 1.32g (1.46%), Cholesterol: 107.01mg (35.67%), Sodium: 277.42mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18g (36%), Selenium: 29.63µg (42.33%), Vitamin B3: 8.02mg (40.08%), Vitamin B6: 0.69mg (34.31%), Vitamin D: 3.73µg (24.88%), Phosphorus: 221.87mg (22.19%), Vitamin C: 17.82mg (21.6%), Potassium: 569.42mg (16.27%), Vitamin B1: 0.22mg (14.72%), Manganese: 0.29mg (14.65%), Vitamin K: 13.84µg (13.18%), Vitamin B5: 1.21mg (12.14%), Magnesium: 38.71mg (9.68%), Vitamin B2: 0.16mg (9.29%), Fiber: 2.2g (8.82%), Zinc: 1.24mg (8.25%), Iron: 1.33mg (7.36%), Copper: 0.14mg (7.12%), Folate: 24.43µg (6.11%), Vitamin B12: 0.32µg (5.29%), Vitamin A: 187.18IU (3.74%), Calcium: 24.41mg (2.44%), Vitamin E: 0.21mg (1.42%)