



Mazamorra Colombiana (Colombian Mazamorra)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 8 servings guava paste for serving
- ☐ 29 oz hominy drained and rinsed canned (maiz peto)
- ☐ 5 cups milk
- ☐ 6 cups water

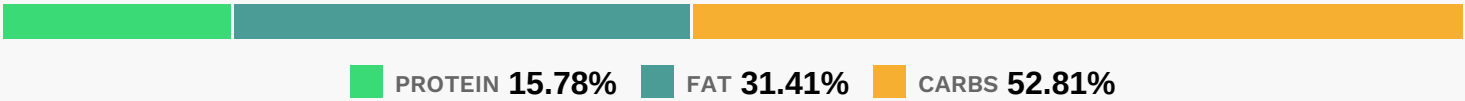
Equipment

- ☐ pot

Directions

- ☐ In a large pot place the hominy and add the water. Cook for about 40 minutes over medium heat.
- ☐ Add the milk and serve warm or cold with panela on the side.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:2.76, Inflammation Score:-3, Nutrition Score:7.1043479520342%

Nutrients (% of daily need)

Calories: 166.17kcal (8.31%), Fat: 5.79g (8.91%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 19.3g (7.02%), Sugar: 9.29g (10.33%), Cholesterol: 18.3mg (6.1%), Sodium: 421.39mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Calcium: 203.35mg (20.34%), Phosphorus: 190.39mg (19.04%), Vitamin B12: 0.82µg (13.72%), Vitamin B2: 0.22mg (12.77%), Zinc: 1.72mg (11.5%), Vitamin D: 1.68µg (11.18%), Fiber: 2.62g (10.49%), Magnesium: 36.74mg (9.18%), Selenium: 5.99µg (8.55%), Vitamin B5: 0.73mg (7.32%), Potassium: 242.17mg (6.92%), Vitamin B1: 0.09mg (5.94%), Vitamin A: 254.32IU (5.09%), Vitamin B6: 0.1mg (4.96%), Manganese: 0.08mg (3.98%), Iron: 0.64mg (3.55%), Copper: 0.06mg (3.15%), Vitamin C: 2.28mg (2.76%), Vitamin B3: 0.2mg (1.02%)