



Menudo Rojo (Red Menudo)

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 de arbol chile peppers
- 2.5 pounds beef tripe cut into 1-inch pieces
- 6 japones chile peppers seeds removed
- 0.3 cup cilantro leaves fresh chopped
- 6 cloves garlic finely chopped
- 1 tablespoon ground pepper black
- 2 tablespoons ground pepper red
- 6 cups hominy white yellow canned drained

- 2 juice of lime juiced
- 1.5 tablespoons oregano dried
- 1.5 tablespoons salt
- 3 gallons water divided
- 0.5 onion white chopped

Equipment

- food processor
- baking sheet
- pot
- blender
- broiler

Directions

- In a large pot, bring 1 gallon water to a boil.
- Place tripe in the pot, reduce heat, and simmer 2 hours. Periodically skim off fat with a spoon.
- Drain water, reduce heat, and pour in a fresh gallon of water. Continue to simmer tripe for 2 hours; drain.
- Pour remaining 1 gallon water into the pot with tripe, and bring to a boil. Stir in garlic and 1 white onion. Season with salt, pepper, oregano, and red pepper. Reduce heat, and simmer 1 hour.
- Preheat the broiler.
- Arrange the de arbol chile peppers on a baking sheet, and broil about 2 minutes, just until they begin to scorch.
- Remove from heat, slit lengthwise, and remove seeds. In a blender or food processor, blend the de arbol chile peppers and japones chile peppers until very finely chopped.
- Mix into the pot, and continue cooking 2 hours over low heat.
- Mix the hominy into the pot. Continue cooking 1 hour.
- Serve with remaining onion, cilantro, and lime juice.

Nutrition Facts

PROTEIN 22.95% FAT 56.36% CARBS 20.69%

Properties

Glycemic Index:25.38, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:22.588260751704%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 480.09kcal (24%), Fat: 29.91g (46.02%), Saturated Fat: 11.12g (69.48%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 19.88g (7.23%), Sugar: 4.79g (5.32%), Cholesterol: 100.64mg (33.55%), Sodium: 1906.09mg (82.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.81%), Vitamin C: 53.17mg (64.45%), Vitamin B12: 3.03µg (50.56%), Zinc: 7.57mg (50.48%), Selenium: 25.71µg (36.73%), Vitamin B6: 0.72mg (35.98%), Vitamin B3: 6.68mg (33.4%), Phosphorus: 295.24mg (29.52%), Iron: 4.48mg (24.88%), Copper: 0.43mg (21.46%), Vitamin A: 983.32IU (19.67%), Manganese: 0.39mg (19.36%), Fiber: 4.83g (19.3%), Magnesium: 73.86mg (18.46%), Vitamin K: 17.58µg (16.75%), Potassium: 586.04mg (16.74%), Vitamin B2: 0.27mg (16.12%), Calcium: 113.33mg (11.33%), Vitamin B5: 1.03mg (10.26%), Vitamin E: 1.47mg (9.8%), Vitamin B1: 0.11mg (7.04%), Folate: 25.19µg (6.3%)