



## Mofongo Relleno de Pollo Guisado (Plantains and Pork Cracklings with Stewed Chicken)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce tomato sauce canned
- 6 bacon crumbled cooked drained ()
- 0.8 cup fat-skimmed beef broth fat-free
- 0.3 cup cilantro leaves fresh minced
- 3 garlic clove minced
- 1 tablespoon olive oil divided
- 6 tablespoons olive oil divided

- 1 cup onion chopped
- 6 plantains green peeled cut into 1-inch pieces ( 3 pounds)
- 1 teaspoon salt
- 2 teaspoons salt divided
- 5 pounds chicken breast boneless skinless cut into bite-sized pieces
- 0.3 cup culantro fresh minced

## Equipment

- frying pan
- potato masher
- dutch oven

## Directions

- To prepare chicken, heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- Add half of chicken; saut 8 minutes or until browned.
- Remove chicken from pan. Repeat procedure with 1 1/2 teaspoons of oil and remaining chicken. Return chicken to pan; stir in onion and next 5 ingredients (through tomato sauce). Bring to a boil; cover, reduce heat, and simmer 20 minutes or until chicken is done. Keep warm.
- To prepare mofongo, place plantains and 1/2 teaspoon salt in a large Dutch oven. Cover with water to 1 inch above plantains; stir to dissolve salt.
- Let stand 20 minutes.
- Drain plantains, and return to pan. Cover plantains with water to 1 inch above plantains. Bring to a boil over high heat. Reduce heat, and simmer 20 minutes or until tender.
- Drain plantains; return to pan. Mash plantains with a potato masher. Stir in 1 1/2 teaspoons salt, bacon, garlic, and broth. Shape plantain mixture into 24 (1/2-inch-thick) patties.
- Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- Add 8 patties; cook 3 minutes on each side or until browned. Repeat procedure twice with remaining patties and oil.
- Serve chicken mixture over patties.

# Nutrition Facts

PROTEIN 38.44% FAT 29.31% CARBS 32.25%

## Properties

Glycemic Index:13.83, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:24.848261029824%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 458.09kcal (22.9%), Fat: 14.68g (22.58%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 33.57g (12.21%), Sugar: 3.91g (4.35%), Cholesterol: 124.92mg (41.64%), Sodium: 1096.72mg (47.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.31g (86.62%), Vitamin B3: 21.08mg (105.42%), Selenium: 63.21µg (90.3%), Vitamin B6: 1.56mg (78.13%), Phosphorus: 456.62mg (45.66%), Potassium: 1240.65mg (35.45%), Vitamin B5: 3.36mg (33.63%), Vitamin C: 24.23mg (29.37%), Magnesium: 94.24mg (23.56%), Vitamin B2: 0.32mg (18.78%), Vitamin B1: 0.25mg (16.7%), Vitamin E: 2.08mg (13.88%), Fiber: 2.76g (11.05%), Copper: 0.21mg (10.59%), Iron: 1.87mg (10.4%), Manganese: 0.2mg (10.02%), Zinc: 1.5mg (9.98%), Folate: 38.92µg (9.73%), Vitamin K: 8.42µg (8.02%), Vitamin B12: 0.45µg (7.5%), Vitamin A: 256.94IU (5.14%), Calcium: 22.52mg (2.25%), Vitamin D: 0.2µg (1.37%)