



Mondongo Colombiano (Pork, Tripe and Chorizo Soup)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon achiote
- ☐ 0.3 teaspoon baking soda
- ☐ 1 pound beef tripe cut into small pieces (mondongo)
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 juice of lime

- ☐ 1.5 pounds pork meat cut into small pieces
- ☐ 4 small potatoes diced
- ☐ 8 servings salt and pepper
- ☐ 2 scallions chopped
- ☐ 1 tomatoes chopped
- ☐ 8 servings water
- ☐ 0.3 cup onion white chopped
- ☐ 1 pound yuca diced

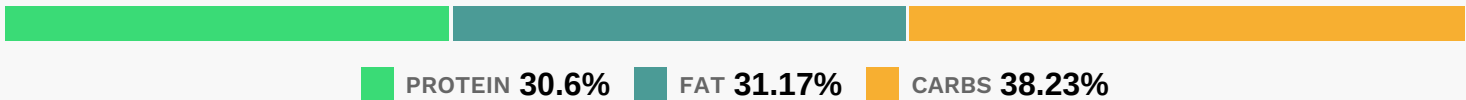
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ pressure cooker

Directions

- ☐ Wash the tripe with warm water and rub with lime juice. In a large pot combine the tripe, baking soda, and enough water to cover the tripe by 2 inches. Bring to a boil, reduce to a simmer and cook until the tripe is very tender, about 1 1/2 to 2 hours or 45 minutes if using a pressure cooker.
- ☐ Drain the tripe and discard the water. In a large pot, place the cooked tripe, pork meat, chorizos, tomato, scallions, onion, garlic, cumin and achiote.
- ☐ Add enough water to cover. Bring to a boil, and then reduce the heat to low and simmer slowly. For about 45 minutes.
- ☐ Add the yuca, cilantro and potatoes. Cook for 30 minutes more. Ladle into bowls, and garnish with additional fresh cilantro and lime wedges.
- ☐ Serve with white rice, avocado, banana and hot sauce(aji) on the side.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:23.81, Inflammation Score:-5, Nutrition Score:21.127391273561%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 404.99kcal (20.25%), Fat: 13.86g (21.32%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 34.94g (12.71%), Sugar: 2.39g (2.65%), Cholesterol: 94.69mg (31.56%), Sodium: 391.61mg (17.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.2%), Vitamin B3: 12.78mg (63.91%), Vitamin B6: 1.15mg (57.43%), Selenium: 36.49µg (52.12%), Vitamin C: 33.92mg (41.11%), Phosphorus: 340.24mg (34.02%), Potassium: 1042.93mg (29.8%), Vitamin B12: 1.38µg (23.06%), Zinc: 3.39mg (22.6%), Manganese: 0.41mg (20.47%), Vitamin B5: 1.84mg (18.42%), Magnesium: 69.39mg (17.35%), Vitamin B1: 0.21mg (13.91%), Vitamin B2: 0.23mg (13.68%), Iron: 2.43mg (13.52%), Fiber: 3.29g (13.17%), Copper: 0.26mg (13.11%), Vitamin K: 13.43µg (12.79%), Folate: 42.27µg (10.57%), Calcium: 48.61mg (4.86%), Vitamin A: 241.15IU (4.82%), Vitamin E: 0.64mg (4.27%)