



 **46%**
HEALTH SCORE

Pork Menudo

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



1010 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 medium bell pepper red minced
- 2 tablespoons butter
- 3 large carrots diced peeled
- 3 links chorizo
- 0.5 cup chickpeas cooked
- 4 cloves garlic minced
- 2 tablespoons cooking oil
- 5 medium onion

- 0.5 cup peas green frozen
- 4 servings bell pepper
- 4 servings bell pepper
- 0.3 kilo pork livers
- 0.5 kilo fatty pork
- 3 large potatoes diced peeled
- 0.3 cup raisins
- 4 servings salt
- 6 medium tomatoes

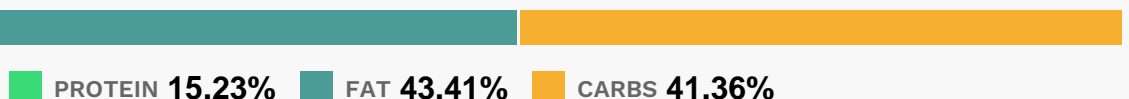
Equipment

- frying pan
- wok

Directions

- Heat your wok or big kawali. Make sure it's hot before you put oil. Fry the potatoes until half-cooked. Set aside. On the same pan, add butter and garlic. Do not burn the garlic.
- Add the pork, tomatoes, onions and bell pepper.
- Add salt and pepper to taste. You can also add 1 pork cube for a richer flavor. Reduce to low heat. Juices will eventually come out from the vegetables so no need to add water. Cover, stirring occasionally. Simmer until pork is tender or until the liquid has almost dried up leaving a thick sauce.
- Add the liver, cover for about 5 minutes. I'm adding the liver at a later part because we don't want to overcook it. Liver cooks fast and it can be tough if overdone.
- Add the potatoes, carrots, green peas and raisins (and the rest of the ingredients, if any). Simmer for 15 more minutes stirring occasionally.
- Serve with steamed rice.

Nutrition Facts



Properties

Glycemic Index:119.62, Glycemic Load:51.04, Inflammation Score:-10, Nutrition Score:44.993043478261%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 31.7mg, Quercetin: 31.7mg, Quercetin: 31.7mg, Quercetin: 31.7mg

Taste

Sweetness: 41.39%, Saltiness: 100%, Sourness: 27.28%, Bitterness: 22.26%, Savoriness: 41.47%, Fattiness: 77.3%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1009.63kcal (50.48%), Fat: 49.49g (76.13%), Saturated Fat: 15.4g (96.25%), Carbohydrates: 106.1g (35.37%), Net Carbohydrates: 85.05g (30.93%), Sugar: 28.7g (31.89%), Cholesterol: 93.09mg (31.03%), Sodium: 346.11mg (15.05%), Protein: 39.06g (78.12%), Vitamin C: 445.17mg (539.6%), Vitamin A: 19896.23IU (397.92%), Vitamin B6: 2.1mg (104.92%), Fiber: 21.05g (84.2%), Potassium: 2735.6mg (78.16%), Manganese: 1.55mg (77.45%), Folate: 279.23µg (69.81%), Vitamin K: 51µg (48.57%), Vitamin E: 7.18mg (47.88%), Iron: 8.29mg (46.04%), Vitamin B1: 0.62mg (41.55%), Phosphorus: 397.89mg (39.79%), Vitamin B3: 7.95mg (39.76%), Magnesium: 155.88mg (38.97%), Copper: 0.67mg (33.61%), Vitamin B2: 0.48mg (28.31%), Vitamin B5: 2.26mg (22.6%), Zinc: 2.75mg (18.31%), Calcium: 144.65mg (14.47%), Selenium: 3.47µg (4.96%)