



Puchero Santafereno (Colombian Beef, Chicken and Pork Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef cut into pieces
- ☐ 0.5 small cabbage cut into pieces
- ☐ 1 big chicken whole
- ☐ 3 ears corn fresh cut into 3 pieces
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup aliños sauce

- ☐ 3 plantains green peeled
- ☐ 1 pound pork meat cut into pieces
- ☐ 8 servings salt and pepper
- ☐ 12 cups water if needed
- ☐ 6 medium potatoes white peeled cut in half
- ☐ 2 pounds yuca frozen cut into big pieces

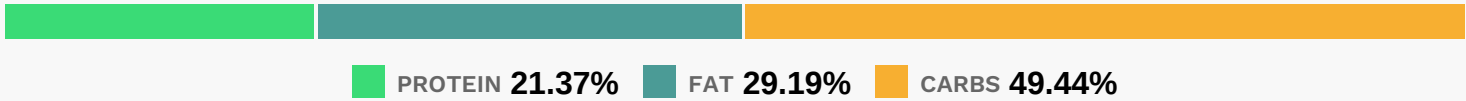
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, place the beef, pork, chicken, corn, aliños, salt and pepper.
- ☐ Add the water and bring to a boil, then cover and reduce heat to medium and cook for about 40 minutes.
- ☐ Add the chorizos, potatoes, plantain, yuca, and cabbage. Continue cooking for 30 more minutes or until the vegetables are fork tender. Stir in the cilantro.Taste and adjust the seasoning.
- ☐ Serve the broth in small bowls and garnish with fresh cilantro.
- ☐ Place the rest of the ingredients on individual plates dividing the chicken, meats and vegetables evenly, then top with hogao and serve with white rice and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:42.14, Inflammation Score:-8, Nutrition Score:36.518261235693%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 871.9kcal (43.6%), Fat: 28.19g (43.37%), Saturated Fat: 9.1g (56.88%), Carbohydrates: 107.42g (35.81%), Net Carbohydrates: 99.27g (36.1%), Sugar: 14.84g (16.49%), Cholesterol: 147.96mg (49.32%), Sodium: 775.31mg (33.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.42g (92.84%), Vitamin C: 83.06mg (100.68%), Vitamin B3: 18.18mg (90.91%), Vitamin B6: 1.55mg (77.61%), Selenium: 41.89µg (59.84%), Potassium: 1848.97mg (52.83%), Phosphorus: 515.31mg (51.53%), Manganese: 0.87mg (43.49%), Vitamin K: 43.23µg (41.17%), Magnesium: 146.11mg (36.53%), Zinc: 5.1mg (34.02%), Fiber: 8.15g (32.58%), Vitamin B5: 3.15mg (31.54%), Vitamin B1: 0.47mg (31.09%), Folate: 115.55µg (28.89%), Vitamin B12: 1.62µg (27.03%), Vitamin B2: 0.46mg (26.77%), Copper: 0.51mg (25.54%), Iron: 4.45mg (24.74%), Calcium: 89.2mg (8.92%), Vitamin E: 0.97mg (6.44%), Vitamin A: 321.03IU (6.42%), Vitamin D: 0.3µg (2.03%)