



Sancocho Costeño (Atlantic Coast Sancocho)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 small cabbage cut into pieces
- ☐ 1 big chicken whole
- ☐ 2 chicken bouillon cubes
- ☐ 3 ears corn fresh cut into 3 pieces
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 plantains ripe peeled
- ☐ 2 plantains green peeled
- ☐ 1 pound pork ribs

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

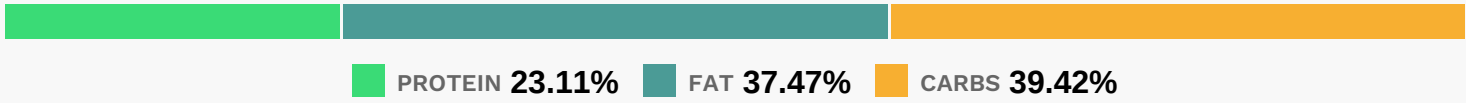
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, place the beef ribs,pork ribs, chicken, corn, aliños, chicken bouillon, salt and green plantain.
- ☐ Add the water and bring to a boil, then cover and reduce heat to medium and cook for about 45 minutes.
- ☐ Add the potatoes, ripe plantain, yuca, pumpkin 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 in large soup bowls, dividing the chicken and vegetables evenly.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:30.8, Inflammation Score:-10, Nutrition Score:38.937825907832%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg 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: 792.63kcal (39.63%), Fat: 33.12g (50.95%), Saturated Fat: 10.98g (68.63%), Carbohydrates: 78.4g (26.13%), Net Carbohydrates: 71.26g (25.91%), Sugar: 11.42g (12.69%), Cholesterol: 152.14mg (50.71%), Sodium: 633.96mg (27.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.96g (91.93%), Vitamin C: 72.91mg (88.37%), Vitamin B6: 1.5mg (75.09%), Vitamin B3: 14.28mg (71.42%), Vitamin A: 3016.69IU (60.33%), Vitamin B12: 3.26µg (54.25%), Potassium: 1836mg (52.46%), Phosphorus: 518.61mg (51.86%), Selenium: 36.19µg (51.7%), Zinc: 7.25mg (48.34%), Vitamin K: 47.77µg (45.5%), Vitamin B1: 0.57mg (37.8%), Manganese: 0.69mg (34.75%), Magnesium: 136.85mg (34.21%), Vitamin B2: 0.54mg (32.05%), Iron: 5.25mg (29.19%), Fiber: 7.14g (28.58%), Copper: 0.52mg (25.97%), Folate: 102.58µg (25.64%), Vitamin B5: 2.55mg (25.55%), Calcium: 86.69mg (8.67%), Vitamin D: 1.1µg (7.36%), Vitamin E: 0.97mg (6.48%)