



Sancocho de Cerdo (Colombian Pork Soup)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ears of corn fresh cut into pieces
- ☐ 6 servings cilantro leaves fresh
- ☐ 2 plantains green peeled cut into pieces
- ☐ 1 pound pork meat cut into pieces
- ☐ 1 pound pork neck bones "espinazo")
- ☐ 5 medium potatoes peeled cut in half
- ☐ 6 servings salt and pepper
- ☐ 10 cups water

☐ 1 pound yuca cut into pieces

Equipment

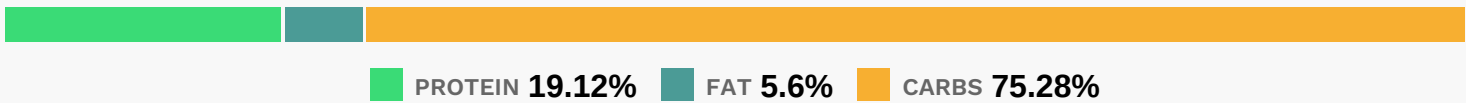
☐ bowl

☐ pot

Directions

- ☐ In a large pot, place the pork bones, meat, corn, aliños, and green plantain.
- ☐ Add the water and bring to a boil, then cover and reduce heat to medium and cook for about 40 to 45 minutes.
- ☐ Add the potatoes, yuca, salt and pepper and continue cooking for 30 more minutes or until the yuca and potatoes are fork tender. Stir in the cilantro.Taste and adjust the seasoning.
- ☐ Serve in large soup bowls, dividing the pork and vegetables evenly.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:39.49, Inflammation Score:-7, Nutrition Score:24.491738848064%

Flavonoids

Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 473.23kcal (23.66%), Fat: 2.98g (4.58%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 90.1g (30.03%), Net Carbohydrates: 82.62g (30.04%), Sugar: 6.85g (7.62%), Cholesterol: 48.38mg (16.13%), Sodium: 330.42mg (14.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.77%), Vitamin C: 66.59mg (80.71%), Vitamin B6: 1.24mg (62.01%), Vitamin B3: 11.53mg (57.64%), Potassium: 1611.09mg (46.03%), Selenium: 25.52µg (36.46%), Manganese: 0.71mg (35.63%), Phosphorus: 338.94mg (33.89%), Magnesium: 121.44mg (30.36%), Fiber: 7.48g (29.92%), Vitamin B1: 0.39mg (25.71%), Vitamin B5: 2.32mg (23.23%), Copper: 0.44mg (22.23%), Folate: 87.5µg (21.88%), Vitamin B2: 0.25mg (14.9%), Iron: 2.55mg (14.18%), Zinc: 1.57mg (10.43%), Vitamin K: 5.41µg (5.15%), Calcium: 51.29mg (5.13%), Vitamin A: 126.96IU (2.54%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.34mg (2.26%)