



Sancocho de Cola (Oxtail Colombian Soup)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



1169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ears corn fresh cut into pieces
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup aliños sauce
- ☐ 2 pounds oxtails (cola de res)
- ☐ 2 plantains green peeled
- ☐ 4 servings salt and pepper to taste
- ☐ 12 cups water
- ☐ 6 medium potatoes white peeled cut in half

☐ 1 pound yuca cut into big pieces

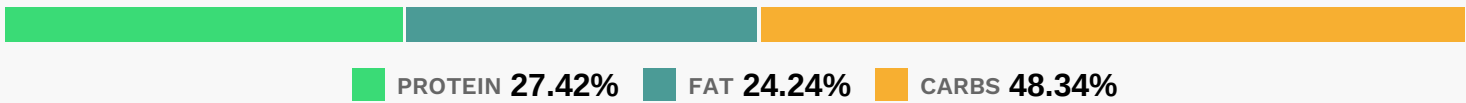
Equipment

☐ pot

Directions

- ☐ Place the oxtails in a large pot and cover with water. Cook for 30 minutes.
- ☐ Drain the pot and rinse the oxtails with water.Return the oxtails to the pot.
- ☐ Add about 12 cups of water, aliños sauce and salt. Bring to a boil, reduce to a simmer. Cover and let simmer for about one hour. Skim the fat off the soup and add the corn and simmer for 1 hour more.
- ☐ Add the plantains, yuca and potato and cook for 35 minutes more.
- ☐ Add more water if necessary.
- ☐ Add chopped fresh cilantro and serve with avocado, white rice and ají on the side.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:57.8, Inflammation Score:-7, Nutrition Score:27.774782388107%

Flavonoids

Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 1168.6kcal (58.43%), Fat: 31.57g (48.56%), Saturated Fat: 12.48g (77.97%), Carbohydrates: 141.62g (47.21%), Net Carbohydrates: 130.59g (47.49%), Sugar: 17.04g (18.93%), Cholesterol: 249.48mg (83.16%), Sodium: 1068.16mg (46.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.32g (160.63%), Vitamin C: 96.8mg (117.34%), Iron: 12.34mg (68.53%), Potassium: 1959.31mg (55.98%), Manganese: 1.04mg (52.11%), Vitamin B6: 0.98mg (49.02%), Fiber: 11.03g (44.1%), Magnesium: 151.76mg (37.94%), Vitamin B1: 0.5mg (33.21%), Copper: 0.65mg (32.36%), Folate: 126.07µg (31.52%), Vitamin B3: 5.37mg (26.83%), Phosphorus: 264.75mg (26.47%), Vitamin B5: 1.85mg (18.46%), Vitamin B2: 0.27mg (15.64%), Vitamin K: 13.4µg (12.76%), Calcium: 120mg (12%), Zinc: 1.68mg (11.19%), Vitamin A: 281.03IU (5.62%), Selenium: 1.98µg (2.83%), Vitamin E: 0.34mg (2.25%)