



## Sancocho Trifásico (Three Meats Sancocho)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound beef cut into pieces
- ☐ 8 pieces meat from a rotisserie chicken
- ☐ 3 ears corn fresh cut into 3 pieces
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon ground achiote
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper

- ☐ 1 cup onions chopped
- ☐ 2 plantains green peeled
- ☐ 1 pound pork ribs
- ☐ 1 bell pepper red finely chopped
- ☐ 1 teaspoon salt
- ☐ 12 cups water if necesary
- ☐ 4 medium potatoes white peeled cut in half
- ☐ 1 pound yuca fresh cut into big pieces

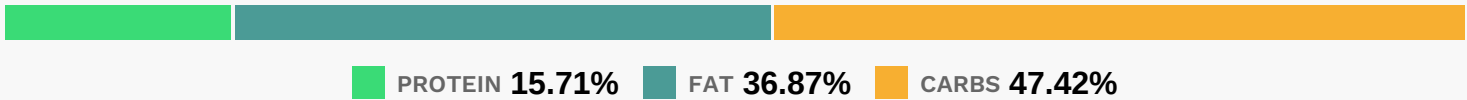
## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

## Directions

- ☐ Place the onions, pepper, garlic and cumin in the blender with 1/4 cup of water.In a large pot, place the beef, pork, chicken, corn, onion mixture, 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 and yuca. 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 meat and chicken and vegetables evenly.

## Nutrition Facts



## Properties

Glycemic Index:37.88, Glycemic Load:24.22, Inflammation Score:-7, Nutrition Score:21.943043314892%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 524.63kcal (26.23%), Fat: 21.63g (33.28%), Saturated Fat: 7.63g (47.71%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 57.3g (20.84%), Sugar: 6.26g (6.96%), Cholesterol: 72.76mg (24.25%), Sodium: 400.57mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.47%), Vitamin C: 60.92mg (73.84%), Vitamin B6: 0.87mg (43.29%), Vitamin B3: 6.74mg (33.68%), Potassium: 1121.09mg (32.03%), Zinc: 4.19mg (27.94%), Manganese: 0.55mg (27.41%), Phosphorus: 268.23mg (26.82%), Selenium: 18.58µg (26.55%), Vitamin B1: 0.39mg (25.88%), Vitamin B12: 1.37µg (22.79%), Magnesium: 87.35mg (21.84%), Fiber: 5.29g (21.16%), Vitamin B2: 0.32mg (19.05%), Copper: 0.36mg (18.07%), Folate: 70.68µg (17.67%), Iron: 3.11mg (17.29%), Vitamin B5: 1.42mg (14.18%), Vitamin A: 577.11IU (11.54%), Vitamin D: 0.97µg (6.48%), Vitamin K: 6.33µg (6.03%), Calcium: 59.23mg (5.92%), Vitamin E: 0.78mg (5.23%)