



Sango o Cus-Cus (Pork, Potatoes and Hominy soup)



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups beef broth
- ☐ 6 servings cilantro leaves fresh
- ☐ 0.5 teaspoon ground achiote
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup aliños sauce
- ☐ 1 cup colombian creole sauce plus more for serving
- ☐ 2 pounds pork ribs (pork bones)

- ☐ 2 medium potatoes diced yellow peeled
- ☐ 6 servings salt and pepper

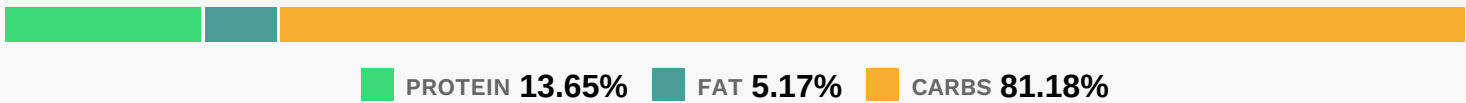
Equipment

- ☐ pot

Directions

- ☐ lace the pork bones and hominy in a large pot, add the alinos and the beef broth.Bring to a boil, reduce heat and simmer for 1 hour and 15 minutes.
- ☐ Add the potatoes, ground cumin, achiote, hogao, salt, and pepper. Cover and cook for 40 minutes more or until the pork is cooked.
- ☐ Garnish with chopped fresh cilantro and hogao.
- ☐ Serve with white rice, avocado and aji on the side.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:5.7982607736536%

Flavonoids

Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 175.81kcal (8.79%), Fat: 1g (1.53%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 33.51g (12.19%), Sugar: 18.79g (20.87%), Cholesterol: 0mg (0%), Sodium: 2335.97mg (101.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Vitamin C: 14.07mg (17.05%), Vitamin B3: 3.28mg (16.38%), Potassium: 484.19mg (13.83%), Vitamin B6: 0.24mg (12.22%), Iron: 1.54mg (8.58%), Phosphorus: 85.44mg (8.54%), Manganese: 0.16mg (8.19%), Fiber: 1.63g (6.54%), Magnesium: 25.2mg (6.3%), Vitamin B2: 0.09mg (5.43%), Vitamin B1: 0.07mg (4.5%), Folate: 17.89µg (4.47%), Copper: 0.08mg (4.14%), Vitamin B12: 0.22µg (3.73%), Selenium: 2.49µg (3.56%), Calcium: 34.11mg (3.41%), Vitamin B5: 0.27mg (2.75%), Vitamin K: 1.7µg (1.61%), Zinc: 0.24mg (1.59%)