



Sudado de Cerdo (Colombian Pork Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots peeled sliced
- ☐ 6 servings cilantro leaves fresh
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup onion chopped
- ☐ 2 pounds pork loin chops
- ☐ 4 potatoes peeled sliced
- ☐ 6 servings salt and pepper

- ☐ 1 scallion chopped
- ☐ 1 tomatoes chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water
- ☐ 1 pound yuca

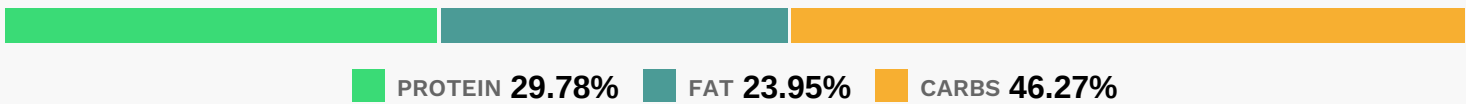
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the vegetable oil over medium heat.
- ☐ Add the onion and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, scallions, garlic, salt and ground pepper and sauté for 5 more minutes.
- ☐ Add the pork, water, sazón goya and cumin powder. Reduce the heat to medium low cover and cook for 25 to 30 minutes, stirring occasionally.
- ☐ Add the potatoes, yuca, carrots and cilantro and cook for an additional 30 minutes or until the vegetables are tender.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:59.31, Glycemic Load:36.07, Inflammation Score:-10, Nutrition Score:32.850869759269%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 502.31kcal (25.12%), Fat: 13.24g (20.37%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 52.01g (18.91%), Sugar: 4.33g (4.81%), Cholesterol: 101.3mg (33.77%), Sodium: 307.52mg (13.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.09%), Vitamin B6: 1.65mg (82.33%), Vitamin B1: 1.22mg (81.08%), Selenium: 51.16µg (73.08%), Vitamin B3: 14.57mg (72.87%), Vitamin A: 3615.39IU (72.31%), Vitamin C: 48.79mg (59.13%), Phosphorus: 460.06mg (46.01%), Potassium: 1504.35mg (42.98%), Manganese: 0.6mg (30%), Magnesium: 95.78mg (23.94%), Vitamin B2: 0.38mg (22.49%), Fiber: 5.53g (22.14%), Zinc: 3.15mg (20.97%), Copper: 0.36mg (18.11%), Vitamin B5: 1.69mg (16.9%), Vitamin K: 17.11µg (16.29%), Vitamin B12: 0.8µg (13.36%), Folate: 53.13µg (13.28%), Iron: 2.36mg (13.08%), Calcium: 58.16mg (5.82%), Vitamin E: 0.81mg (5.37%), Vitamin D: 0.6µg (4.03%)