



Sudado o Sudao de Huevo (Colombian-Style Egg Stew)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon achiote powder
- ☐ 1 large carrots peeled sliced
- ☐ 0.3 teaspoon cumin powder
- ☐ 8 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup onion chopped

- ☐ 8 small potatoes yellow peeled cut in half
- ☐ 0.3 cup bell pepper red chopped
- ☐ 4 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 2 cups tomatoes chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 cups vegetable stock

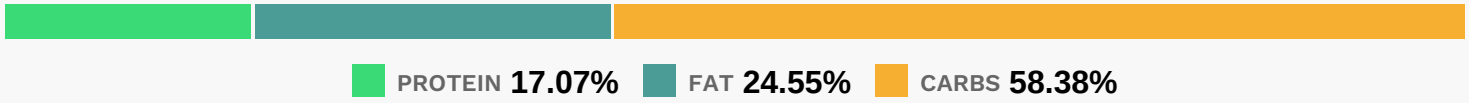
Equipment

- ☐ sauce pan

Directions

- ☐ In a large sauce pan, heat the vegetable oil over medium heat.
- ☐ Add the onion, scallions and red pepper and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, garlic, salt and ground pepper and sauté for 5 more minutes.
- ☐ Add the stock, potatoes, carrots, sazón Goya and cumin powder. Cover and cook for 25 minutes, stirring occasionally. Season to taste with salt and pepper. Crack eggs, one at a time, and place over sauce, spacing evenly apart and cook for an additional 5 to 8 minutes or until the potatoes are tender. Garnish with cilantro.
- ☐ Serve with white rice on the side.

Nutrition Facts



Properties

Glycemic Index:92.9, Glycemic Load:46.95, Inflammation Score:-10, Nutrition Score:36.239130393319%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.52mg, Quercetin: 12.52mg,

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Nutrients (% of daily need)

Calories: 488.34kcal (24.42%), Fat: 13.54g (20.83%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 72.42g (24.14%), Net Carbohydrates: 62.34g (22.67%), Sugar: 9.41g (10.46%), Cholesterol: 372mg (124%), Sodium: 964.3mg (41.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.35%), Vitamin C: 95.8mg (116.12%), Vitamin A: 4938.68IU (98.77%), Vitamin B6: 1.37mg (68.4%), Potassium: 1922.96mg (54.94%), Selenium: 32.34µg (46.2%), Phosphorus: 437.88mg (43.79%), Vitamin K: 43.67µg (41.59%), Fiber: 10.08g (40.3%), Manganese: 0.78mg (39.09%), Vitamin B2: 0.62mg (36.52%), Folate: 134.34µg (33.58%), Iron: 5.06mg (28.09%), Vitamin B5: 2.76mg (27.59%), Magnesium: 108.76mg (27.19%), Copper: 0.53mg (26.31%), Vitamin B1: 0.39mg (25.72%), Vitamin B3: 4.5mg (22.48%), Zinc: 2.61mg (17.4%), Vitamin B12: 0.89µg (14.83%), Vitamin E: 2.12mg (14.13%), Vitamin D: 2µg (13.33%), Calcium: 132.55mg (13.25%)