



Sancocho—Meat and Vegetable Stew



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Sancocho - Meat and Vegetable Stew was made with:

Water	Potato (with Skin)
Beef flank and Pork spareribs	Pumpkin
Ham	Red tomatoes
Sweet potato plantains and Yam	Vegetable oil
Tomato sauce	Onions and Green peppers

Nutrition Facts/Datos de Nutrición

Serv. Size/Tamaño por Ración 1 cup
Servings/Raciones por Envase

Amount Per Serving/Cantidad por Ración

Calories/Calorías 317 **Fat cal./Calorías de Grasa** 128

% Daily Value*/% Valor Diario*

Total Fat/Grasa Total	14.2g	22%
Saturated Fat/Grasa Saturada	4.7g	23%
Trans Fat/Grasa Trans		
Polyunsat. Fat/ Grasa Poliinsat.	2.4g	
Monounsat. Fat/Grasa Monoinsat.	5.7g	
Cholesterol/Colesterol	45mg	15%
Sodium/Sodio	248mg	10%
Potassium/Potasio	895mg	
Total Carb./Carbohidrato Total	30.7g	19%
Fiber/Fibra	4g	16%
Sugars/Azúcares	6.8g	
Protein/Proteínas	17g	

Foods can be prepared in different ways.
We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: [http://www.fatsecret.com/calories-nutrition/generic/puerto-rican-stew-\(sanchocho\)](http://www.fatsecret.com/calories-nutrition/generic/puerto-rican-stew-(sanchocho))
Photo: http://www.bogota.gov.co/portel/libreria/php/x_frame_detalle_portalEng.php?id=38235&patron=01.28

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