

Portuguese Tripe

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-tripe-and-beans-recipe>

Ingredients:

- 1 1/8 cups white beans /, 10 1/2 ounces
- 1 9/16 pounds tripe /, 1 1/2 pounds
- 1 chorizo medium
- 2 carrots
- 1 bay leaf
- 2 onions medium
- 4 cloves garlic
- pepper to taste
- 3 3/8 tablespoons olive oil /, 3 1/3 tablespoons
- salt to taste

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 25 milligrams
4. Fat: 22 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 570 milligrams
9. Sugar: 4 grams

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